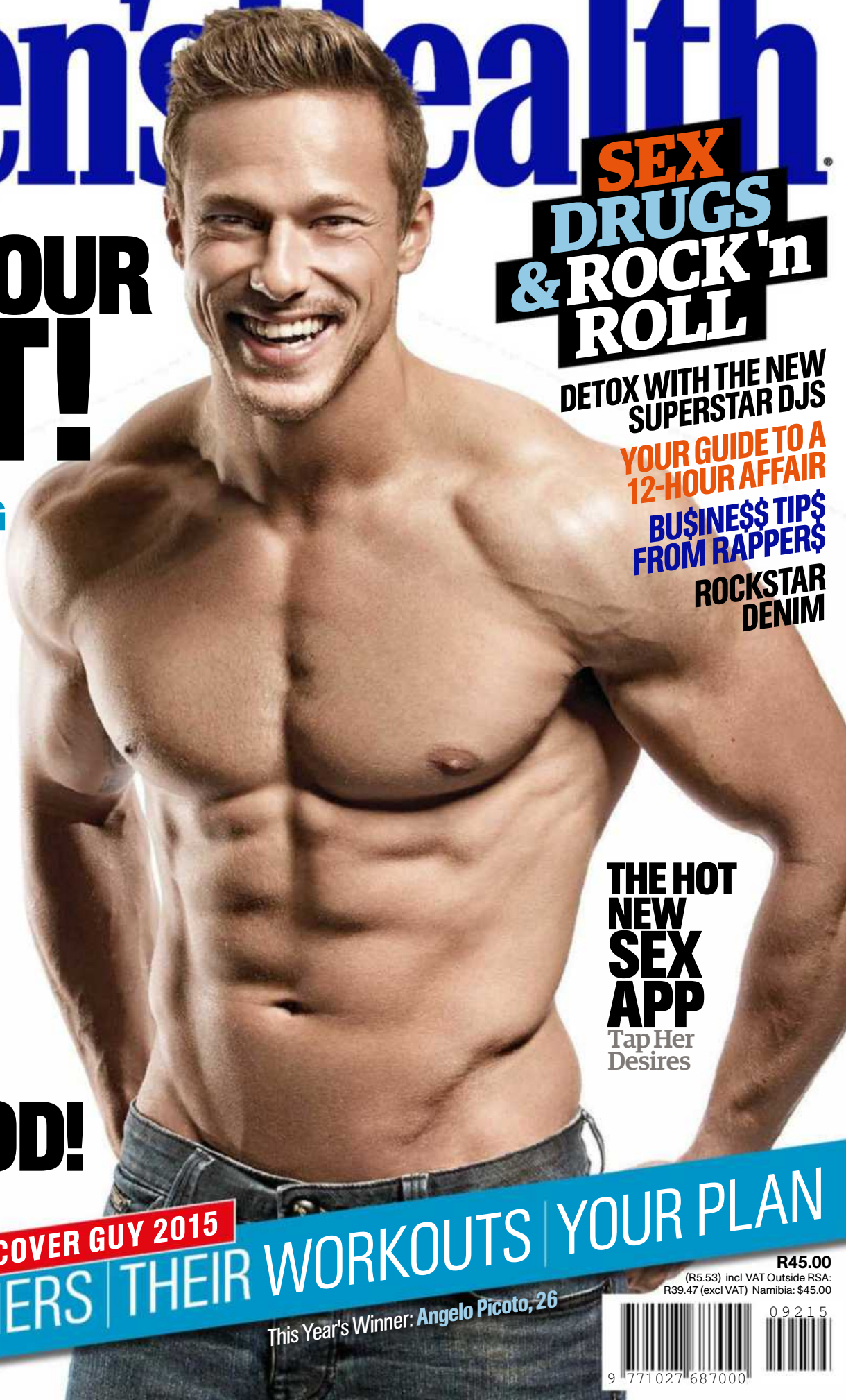
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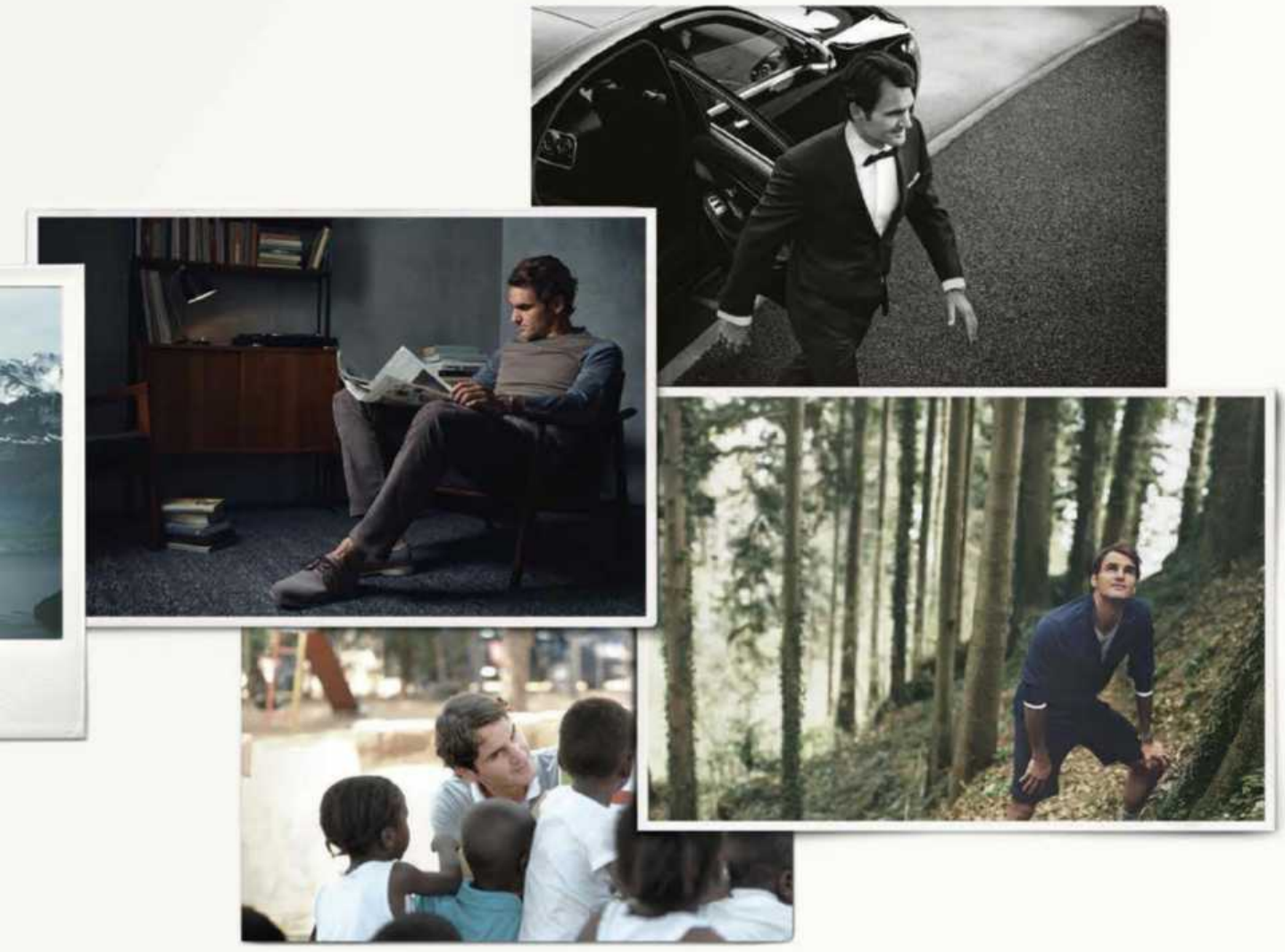
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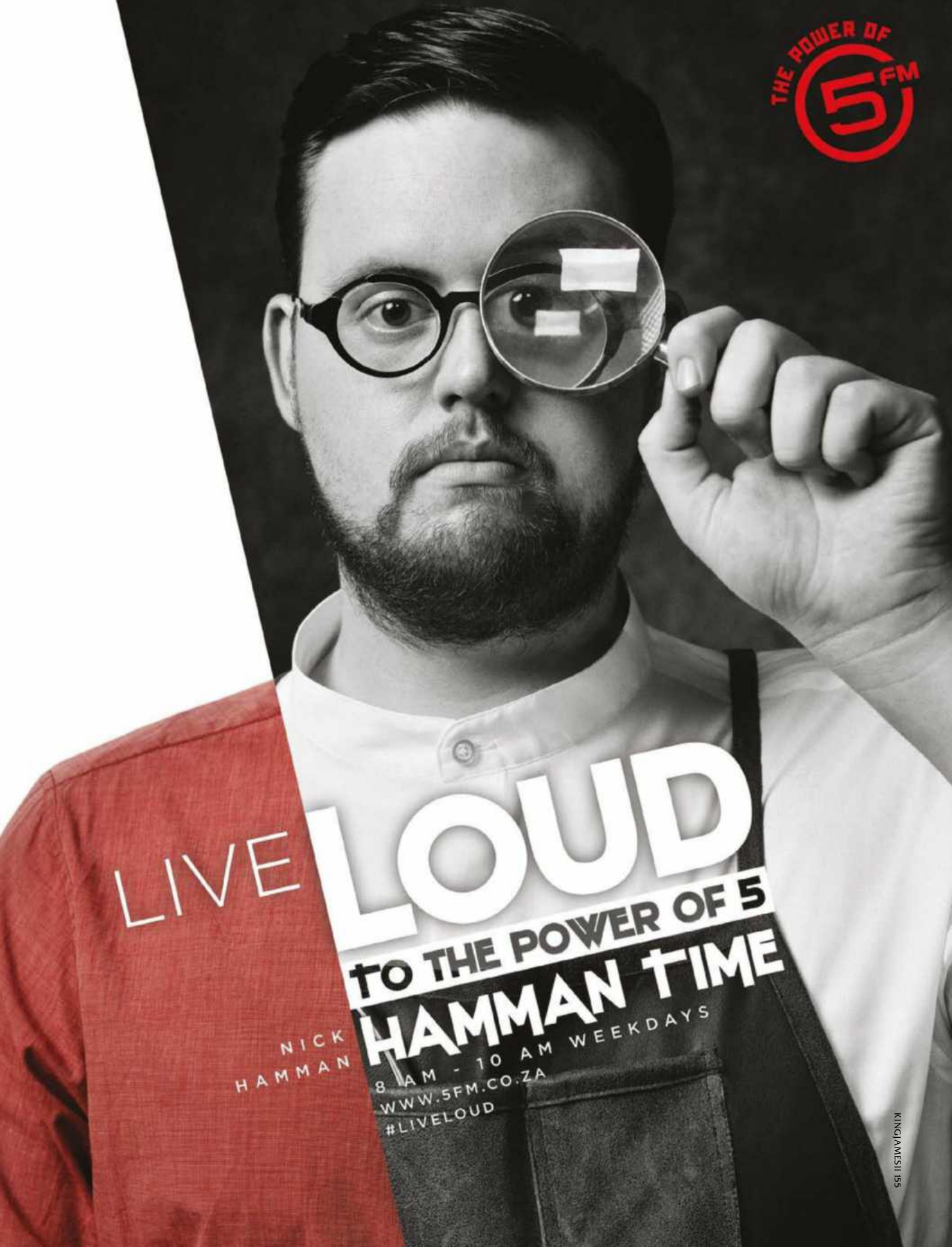


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MEN'S



Meet this year's *MH* Cover Guy: Angelo Picoto

PHOTOGRAPH BYRON KEULEMANS

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09.15

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THIS MONTH ON...

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ANYTHING WORTH DOING – IS WORTH OVERDOING

You can't have a sex, drugs and rock 'n roll issue without indulging a little. This month we take a look at some of our wildest stories ever...



ASK THE EXPERTS

Is Marijuana Medicine?

Keith Richards and Snoop Dogg are still alive and kicking, but that doesn't mean we should all go out and get high to live longer. Like all drugs, cannabis has upsides and downsides. Our reporter investigates the science behind medical marijuana.

mh.co.za/health/is-marijuana-medicine

HOW TO

The Really Special K

First it was a tranquilliser, then a recreational drug... now an antidepressant? You'll never read a more interesting story about ketamine.

mh.co.za/health/this-guy-beat-depression-with-ketamine

ADVENTURE

How I Survived a Week of Sex, Drugs and Dangerously Fast Cars

The Gumball 3 000 is the wildest road trip in the world, taking drivers through almost 5 000km of complete debauchery. Would you have what it takes to keep up?

mh.co.za/how-to/downtime/roadparty

WOMAN

Rock Star Advice

You may be big in Japan but that doesn't mean you don't need guidance. Our Girl Next Door dishes out the kind of wisdom that'll stop you from making rookie mistakes.

mh.co.za/sex-women/ask-the-girl-next-door

@*MH* TWEET OF THE MONTH

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We like the way you think @XolanWaleKenhuk



FROM OUR FEED

@menshealthza Editor @capejason on @cliffcentralcom with @grcliff and @thebounce talking about the Staff Fitness Challenge in our July issue #MHTeamFit

WHAT WE'RE WATCHING: OUR TOP 3



1 Mike Fitch's *Animal Flow* Workout

Take several bodyweight disciplines, mix them together and you get animal flow

mh.co.za/fitness/this-is-animal-flow



2 The Muscle Minute: Pistol Squat

Forget lifting heavy metal, this is the ultimate bodyweight move for your legs

mh.co.za/fitness/how-to-do-the-pistol-squat



3 How Jake Bulked Up for *Southpaw*

The movie is out (finally!) this month. Now it's your turn to get boxing fit

mh.co.za/fitness/how-jake-gyllenhaal-bulked-up-for-southpaw

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KEEPING IT REAL

I WAS GOING TO ENTITLE THIS LETTER "A FEW GOOD MEN" BUT AFTER MEETING THIS YEAR'S Cover Guy finalists, I chucked that idea out. Let me explain why.

One of the questions I often get asked is "How can I get on the cover?" – perhaps because our cover isn't exclusively reserved for celebs or big-name muscle men. It remains accessible to anyone who's willing to work hard.

Earlier this month I joined the top 12 Cover Guy candidates for lunch during their shoot in Cape Town. Maybe they were just being supremely polite, anticipating the judging interviews still to come, but I got the feeling I was among friends.

Every year I'm reminded of how cool it is to interact with a bunch of passionate readers who are looking to be part of the mag. What strikes me each time is not how super-confident or ripped the guys might be, but how down-to-earth, driven and humble they all are.

And it's not because they've been handpicked, either. When we invite the shortlisted entrants for our annual Cover Guy competition we have no idea what to expect. We just figure that after narrowing it down, we'll find a few good men. It was with this attitude that I walked into lunch. I left with a completely different view.

While mixing with the guys I began to appreciate that we didn't just get lucky with 12 awesome cover models, we had a group of real role models. It included guys who'd grafted in the gym from their teens to men in the armed forces, deep-sea divers and helicopter pilots, a guy in his forties who looks half his age and one man who rebuilt his body (and his life) after falling three stories. If this was a random sample of readers, we're incredibly proud of the community we have around us: you.

Each month we aim to produce a mag that you'll enjoy and find useful. Hopefully, it inspires you in some way. The readers we meet through our Cover Guy comp reiterate our belief in what we do. You, in turn, inspire us.

Of course, it's not easy to select a handful of guys from hundreds of entries, let alone one guy who'll land the cover. But your votes and the judging process helped us find this year's ultimate winner: congrats, Angelo Picoto!

On page 58 you'll meet all the finalists and learn what made them the standout candidates. Their advice, workouts and insider tips are all included. I think you'll agree we got more than a few good men. Next year, will it be you?

Have a great month.



Jason Brown
EDITOR
@CapeJason



The *Men's Health* Cover Guy Search was presented by Kouros from Yves Saint Laurent



The Cover Guy finalists at the Radisson Blu Waterfront, Cape Town

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Ask MH

LIFE'S QUESTIONS, ANSWERED

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Are raw diets really worth it?

GEOFF, JEFFREY'S BAY

Here's the premise behind putting away your frying pan: when you eat food raw, you consume key nutrients and enzymes that would be destroyed during cooking. The flaw in this logic is that the enzymes won't survive the stomach acids released during digestion anyway, explains nutritionist Katherine Tallmadge. While heat can decrease the nutritional content of some produce, it can also boost your absorption of antioxidants and vitamins from tomatoes, carrots and broccoli. Plus, some foods have certain things, like *E. coli* and salmonella, we want cooking to kill. That's why going raw usually means cutting out meat, fish and dairy. The one upside to the diet? Adherents eliminate processed foods and often lose weight as a result. Of course, you can just adopt that strategy – and still have your steak and eat it too.

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AM I NORMAL?

The sound of other people chewing food or gum really bothers me.
CARL, SEA POINT

Listen, dude, that noise annoys plenty of people. Lip smacking, pen clicking and keyboard tapping also tend to trigger a reaction, although some people are more averse to such noises than others, say University of California researchers. Why? Genetics may play a role, or it could be neurologic crosswiring, says audiologist Dr Melanie Herzfeld. Two regions in your brain work in tandem to process sound: the auditory complex and the amygdala. The latter sends out a distress signal whenever you hear something unpleasant. In your case, the pathways connecting the two regions may be stronger, which could make you more sensitive to the sound of someone chowing down. You can't change your head's wiring, so try outchewing the annoyance. The researchers found that mimicry can be an effective coping strategy; your own munching may be more tolerable to you and cancel out other noises. But if the sound makes you feel anxious or panicked, you could have an extreme sound sensitivity condition, like misophonia. Seek out an ear expert for treatment. Visit audiologysa.co.za and click "Find an Audiologist" under the "About Hearing" tab.

○ WEIRD ● NORMAL

I'm in my thirties. Is there any harm in getting a colonoscopy before I'm 50?
AIDEN, BLAAUWBERG

It's more likely to hurt your wallet than your butt. Serious complications from colonoscopies, including bowel perforations, are rare, occurring in less than 0.3% of procedures. No, the biggest pain in the ass will be the cost, which can be up to R6 000, which is bad news if you don't have medical aid. In addition to the actual procedure, you might have to pay deductibles on other expenses, like the bowel-loosening prep kit, facility fees and anesthesia. Now factor in that the average 30- to 39-year-old man's odds of being diagnosed with colorectal cancer within 10 years are less than 1 in 1 438 and it becomes hard to justify having your large intestine inspected, says Philip Schoenfeld, a professor of internal medicine at the University of Michigan. But there are exceptions: if a parent or sibling had the disease, you should be scoped at least 10 years before the age of diagnosis in the youngest family member or at age 40, whichever comes sooner. And at any age, get yourself to the doctor if you're experiencing persistent hemorrhoids, severe abdominal pain, unexplained bloody poop or sudden diarrhoea; any of these could be a sign of a serious problem, including colorectal cancer.

Is there any difference between all those contact lens cleaners?
ELAM, WATERKLOOF

Cross-eyed in the eye-care aisle? We'll break it down. There are basically two types of cleaning solutions: multipurpose and hydrogen peroxide. Multipurpose will remove residue, disinfect, rewet and rinse, and it's pH-stabilised to keep working for several days. If you're currently using this kind without any issues, look no further. But if you start to experience redness or irritation, make sure you're bathing your lenses in a brand-name solution – generics may contain preservatives that are harmful to sensitive eyes, says California-based ophthalmologist, Dr Kimberly Cockerham. Eyes still sore? Buy a hydrogen peroxide solution and the cleaning case specially designed for it. Then watch as the chemical reaction foams away irritants that the multipurpose stuff misses. One downside: hydrogen peroxide takes four to six hours to neutralise; if you try to insert your lenses any sooner, your eyesmay experience a chemical burn. Also, the solution must be refreshed daily, which is why this kind of cleaner makes sense only for people with sensitive eyes, says Thomas Steinemann, a professor of ophthalmology at Case Western Reserve University in Cleveland. Now, if you look in the mirror and continue to see red, we think we know the problem: you. Do you remove your lenses every night? Really? How about replace the case every three months? Time to step it up. A less-than-rigorous routine can lead to keratitis, an inflammation of the cornea that can be caused by bacteria buildup in your lenses and case. And guess what? It's especially common in men.

I tend to slouch when I stand for a while. What can I do to improve my posture?
SIBONGILE, AMANZIMTOTI

Keep your chin up. No, seriously. Every time you catch yourself slouching, imagine a taut string protruding from the top of your head; then picture pulling the string back into vertical alignment with your body, says Dr Kenneth Hansraj, chief of spine surgery at New York Spine Surgery & Rehabilitation Medicine. That's the mental side of the solution. You also need to shore up your core. A lot of men tend to slouch because of weak pecs and abs, two muscle groups that help keep your spine straight, Hansraj says. To add muscle to your middle, do 25 push-ups and a one-minute plank daily. And before bed, do some low-load, long-duration stretching, suggests physical therapist Roy Film. Lie on the floor and place a rolled-up towel under the most rounded part of your midback. Then raise your arms as if you're performing an overhead press. Hold this position for about two minutes and then lower your arms; repeat for a total of 15 to 20 minutes. Film says this will target tight ligaments and fascia along your spine that may be restricting your ability to stand at attention.

My girlfriend says it's unhealthy to let my dog lick my face. Is she right?
BOB, NELSPRUIT

Let's see: dog licks your face and you kiss your girlfriend. Do you think maybe she doesn't want sloppy seconds? But once-removed pooch smooches aside, you should be grossed out too: canines carry hundreds of different types of bacteria in their mouths, some of which can cause disease in humans, says Dr Jason Stull, an assistant professor of veterinary medicine at Ohio State University. Granted, the key word here is *can*, since most guys' immune systems are strong enough to fight off these bugs, says Stull. For people with weaker immune systems, however – including children, pregnant women and the elderly – the slobbering can be more serious. Worst case, they could contract the bug Capnocytophaga, which is found in most healthy dogs and may cause blood and brain infections. You need to enforce a new policy: "No tongue allowed." If you're still getting face baths, find a behavioural specialist (no, not for you, the dog!) at animal-behaviour.org.za



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Find a Doc Who Reads Minds

It really is all in your head. According to research, the best way to test for signs of depression is to monitor your own mood. Here's how

GENIUS SOLUTIONS

HERE'S A DEPRESSING FACT ABOUT DEPRESSION: MANY GPs CAN'T SPOT THE PROBLEM IN MEN, according to Dr William Pollack, an associate clinical professor of psychiatry at Harvard Medical School. They look for the same symptoms women exhibit – sadness, weepiness, fatigue – rather than male-specific signs like newly developed irritability, aggression, impulsiveness and obsession with work. "The diagnostic system is outdated and many men with signs of depression are missed," he says. That's why Pollack is developing new guidelines for docs – and why any guy who recognises the symptoms here should talk to a therapist.



01

Dismantle Your Explosive Anger

"With practice, you can fine-tune your ability to recognise the emotions behind anger – such as loss, sadness and pain. If I ask myself, 'Why am I angry?' I might realise I feel disappointed about an event. Then I share the underlying feeling with a friend or my wife rather than barking angrily."

02

Understand Her Even Better

"If a woman says something that isn't making sense to you, don't just stay silent. Say, 'You lost me. Can you explain what you're thinking?' or 'I see you're upset, but I don't understand which part is most upsetting. Do you want me to help, or would you prefer that I just listen?'"

03

Be a Better Buddy (and Dad)

"New research shows that men want to talk more about their feelings, even painful ones. Concerned about a pal or family member? In a fun setting, say something like 'You seem tense lately. What's going on?' He may not open up right then, but he might later, after you've asked a few times."

04

Meditate Without Using a Mantra

"Meditation is a great stress buster, but a lot of guys are put off by the concept. Try this instead: Sit in a quiet space for five minutes. Think of a fond memory – a childhood triumph or recent adventure – and replay it in your mind. Doing this once a day can yield benefits similar to those of meditation."

2-SECOND LIFESAVERS

Protect Your Nuts
If you peel the papery lining from pistachios before eating them, you're tossing out nutrients. New research from Tufts University shows that the skins of pistachios (and other nuts) are a rich source of phytonutrient antioxidants, including heart-healthy flavonoids.

Dr Jeffrey Blumberg Director, Antioxidants Research Laboratory, USDA Human Nutrition Research Center on Aging, Tufts University

Watch the Fish Scale
To realise the muscle-building benefits of protein, you need 25 to 30 grams per meal. But many seafood cuts are too small. Salmon, trout, tuna and haddock contain about 6 grams of protein per 30g, so at the fish counter, ask for fillets that weigh at least 150g.

Dr Mike Roussell Nutritional consultant and founder of Naked Nutrition, LLC; author, *The Six Pillars of Nutrition*

Jack Up Push-Ups
Upgrade to push-up jacks: from the up position, hop your legs out to the sides – like a jumping jack – as you use your arms to lower your body. Then jump your feet back to the regular position while you push up. Too easy? Jump your arms out as well. The benefit: more muscle.

BJ Gaddour CEO of StreamFIT; author, *Your Body Is Your Barbell* (Rodale 2014); creator, *MH DeltaFIT Speed Shred*

ILLUSTRATION PAUL BLOW



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TOPMAN

How Snoring Can Cause a Crash

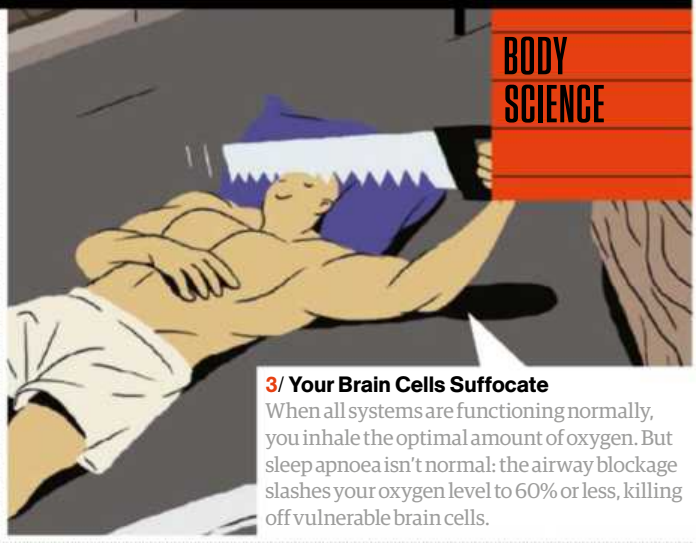
Sleep doctor Christopher Winter explains how sawing wood leads to twisted metal



1/ You Fall into a Deep Sleep
As you gear down into somnolence, every part of your body relaxes, including the back of the roof of your mouth. This fleshy area is known as the soft palate, and it plays a role in talking, swallowing and crashing on the highway.



2/ You Start to Snore
If your palate, tongue and throat muscles relax too much (because you've been drinking or taking sedatives), your airway narrows and you start snoring. If it repeatedly closes up, you have obstructive sleep apnoea.



3/ Your Brain Cells Suffocate
When all systems are functioning normally, you inhale the optimal amount of oxygen. But sleep apnoea isn't normal: the airway blockage slashes your oxygen level to 60% or less, killing off vulnerable brain cells.



4/ You Gasp for Air
Your brain detects the shortage and commands muscles in your airway to stiffen. You gasp and wake up for a few milliseconds. This cycle can happen 30 times or more in an hour, preventing you from logging deep, restorative sleep.



5/ You Nod Off Behind the Wheel
Since deep sleep is when your body eliminates the shuteye-promoting chemical adenosine, you start the day with too much. Plus, years of oxygen deprivation has killed cells in your brain's reticular activating system, which controls alertness. All you need now is a warm car and a boring route... to... fall... asleep.

TEXT K. ALEISHA FETTERS **ILLUSTRATIONS** VICTOR KHOMENKO



SUHD TV, real Ultra High Definition

Whether you have retired your old TV because it has become a Jurassic embarrassment to your trendy kids, or it simply fizzled out and died without a whimper just as you were engrossed in the nail-biting cliffhanger of the latest thriller, buying a new TV can be a stressful and overwhelming experience in today's high tech world.

From cheaper TVs for a bedroom or study, to large-screen sets that give you a cinematic experience in your living room, there are hundreds of TV's available to buy.

Every year there are new models on the market with better, smarter and more innovative features. Even for a relatively tech savvy consumer, it can be a confusing experience to walk into a store and be confronted with the huge array of TV's that are on display, while an enthusiastic sales person is firehosing you with specs, features, sizes and prices and glibly zips through ratios, resolution, pixels, sub-pixels and quantum dots.

It certainly helps to do some research beforehand and to pinpoint the non-negotiable basics you want in your new TV. Deciding factors will be the price you are willing to pay, the screen size you want, depending on where you are going to install your new TV and whether you want Ultra High Definition TV for that sensational picture quality and immersive, life-like cinematic experience.

Even so, don't be fooled by advertising campaigns and the fake "labels" that manufacturers use to sell their so-called "UHD" TVs. It is vitally important to know which questions to ask in-store when you are purchasing a UHD TV.

Only Samsung gives you the big picture by offering certified UHD technology in South Africa with DE (DIGITALEUROPE) and USA CEA Ultra High Definition accreditation. This means that only Samsung UHD TVs offer a resolution of 3840x2160, while other manufacturers offer a resolution of 2280 x 2160. The Lower resolution is not only cheaper, it also means a significant difference in detail, colour, brightness and consistency.

As industry leader for nine years in a row, Samsung TV has introduced game-changers like LED, the Smart TV, 3D and Curved TVs. Now the bar has been raised for the next true leap: The Samsung SUHD TV. With sensational picture, seamless interaction and stylish design, SUHD takes you into the scene. It is a whole new standard for premium display and you've got to see it to believe it.

Owning the brilliant SUHD TV starts with asking the right questions about real UHD TVs in the store before you buy.

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A SOLID BOUQUET
Use common scents to settle your stomach

FLOWER POWER

QUELL THE QUEASY

Turn down your upchuck setting: according to new Canadian research, **a whiff of the right scent can help combat motion sickness.** When people smelled rose oil and then viewed a 14-minute video designed to bring on nausea, they reported feeling 50% less queasy than those who sniffed leather or nothing at all. Study author Behrang Keshavarz says certain odours could elicit positive motions that are powerful enough to distract your brain from the motion sickness. A sniff of your favourite cologne may offer a similar stomach-soothing effect, he says.

PHOTOGRAPH CLAIRE BENOIST

For up-to-the-minute health news and tips, go to mh.co.za/health

Deep Heat for Your Brain

Combining exercise with heat treatment afterwards produces a protein called brain-derived neurotrophic factor (BDNF for short) that helps protect your brain, reports *Neuroscience Letters*. This acts like armour for your brain, reversing damage, building neurons and helping with long-term memory. Start with 5 to 10-minute sweats in your gym sauna, then build up to a full 20 minutes. If you prefer steaming things up in your castle, run a scalding shower, lie some towels at the door and close the shower curtain. Spend 10 minutes leaning over the water, inhaling steam.



14%

Grey matter boost in people 10 years after they reported eating fish (baked or grilled) at least weekly, compared with those who didn't

Source: *American Journal of Preventive Medicine*

WEIRD SCIENCE THAT WORKS



The Finding
A cocoa-rich diet may reverse memory decline, say Columbia University scientists. Researcher Dr Adam Brickman believes cocoa flavanols affect the brain's dentate gyrus, which helps form memories.

Apply It
People who consumed 900mg of cocoa flavanols a day for three months reclaimed their memory function of 30 years prior. If you ever needed an excuse to overindulge in hot cocoa this winter, this is it.

WAKE UP SMARTER

If the boss asks, you weren't snoozing – you were memorising. **Resting for a few minutes after learning something new can boost memory,** a new Scottish study reveals. People ages 60 and older who took a 10-minute "wakeful rest" immediately after learning a list of words were able to remember nearly 20% more words 15 minutes later than those who played a computer game instead. And the benefits were still evident a week later. Even if you're in your twenties or thirties, quiet rest shields you from outside stimuli, allowing your brain the chance to strengthen new memories, says study author Dr Michaela Dewar.



EMPTY BELLY, FULL BRAIN

Trust your growling gut: **you're more likely to make smarter decisions on an empty stomach,** according to Dutch researchers. Study participants who fasted before taking a series of tests made winning choices 50% of the time, compared with only 40% of the time for folks who ate a meal beforehand. "Being hungry may make you think less and act more on impulse," explains study author Professor Denise de Ridder. The implication: undereating curbs overthinking. The intuitive approach might help when you're under pressure to make a complex call, says Professor de Ridder.

PHOTOGRAPH GETTY/GALLO IMAGES ILLUSTRATION MUTI

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Keep It in Your Pants

Your wad of Randelas, that is. **Women are more attracted to men who save money,** a University of Michigan study reveals. Dating profiles of people who stated that they'd save most of a financial windfall were deemed 36% more desirable than profiles of those who'd spend it. Saving shows self-control, says study author Professor Scott Rick, but spending can signal rash behaviours like belligerence or even cheating. So don't be a tightwad, but do point out your smart-money ways.

GET FISCAL
To get a raise in the bedroom, stash it, don't flash it

SCREW U.



The Finding When women feel pain during sex, 43% of the time they don't tell their partner, the *Journal of Sexual Medicine* reports.
The Science Women are socialised to please, so she may be reluctant to break the mood, says study author Dr Debby Herbenick.
Your Play When you're both outside the bedroom, ask her how sex feels. Keep some water-based lube bedside to help reduce friction.

YOU DID *WHAT* WITH HER?

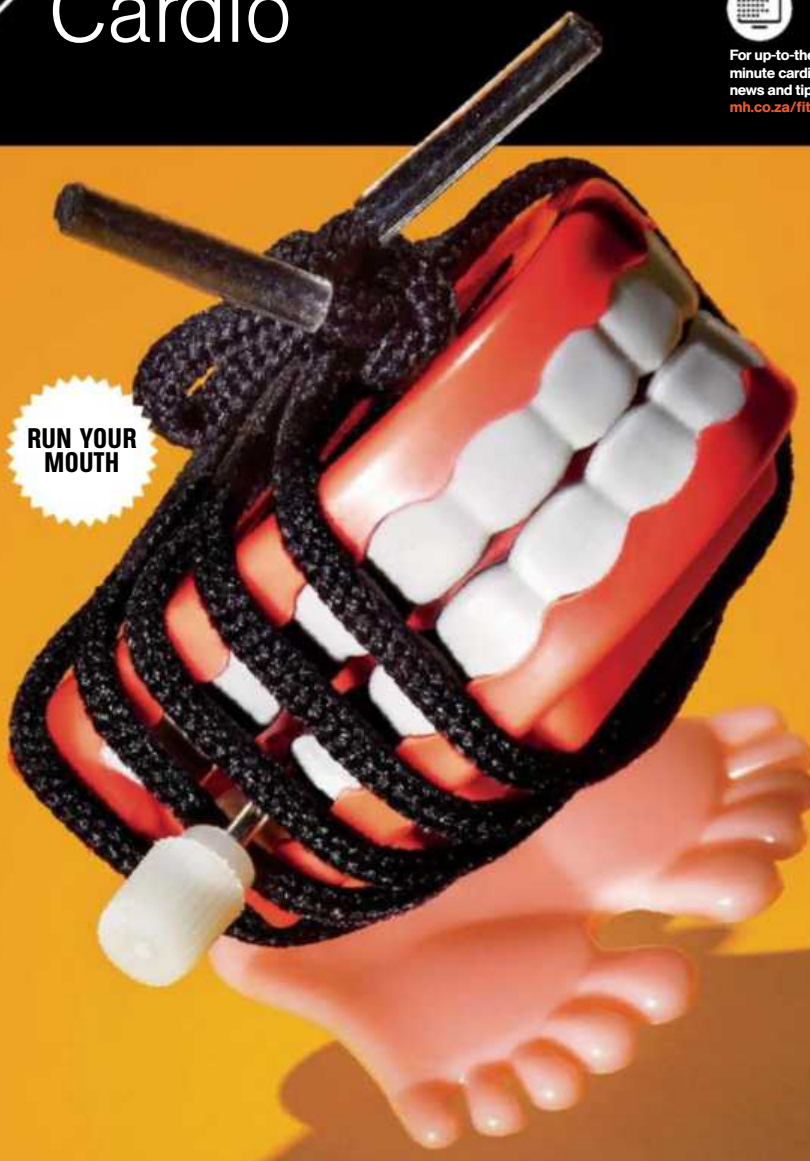
Sometimes it's hard to tell how your friendship with another woman might bother your mate. Other times it should be obvious, guys. In a new study in *Evolutionary Psychological Science*, women rated how upset they'd be if their partner did certain things [see chart] with another woman. We left "sex" and "showering together" off the list – we figured you already know where they'd rank.



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The Sound Barrier for Runners

Your lungs are a good heart rate monitor. The **ability to converse while exercising is an accurate gauge of effort,** say researchers at the University of Wisconsin. They quantified the "talking test" that runners use and determined that if you can speak comfortably, you're probably at less than 80% of your maximum heart rate. If talking is difficult, you're at 80 to 90%. And if you can't speak at all, you're at more than 90%. "The harder you're exercising, the fewer breaths you can waste on talking," says study author Professor Carl Foster.

DIG DEEPER

Give it your all and then some. You may have more in the tank than you think, reveals a Michigan Technological University study. Cyclists who pedalled to exhaustion, recovered for three minutes or so and began riding again generated the same power as when they were fresh. People have a reserve capacity, says study author Professor Steven Elmer. To tap it, focus on your pedalling, not your suffering. Count each revolution on one leg and then the other, switching sides every time you reach 10.

FITNESS FIX



The Problem
Runner's stomach
The Solution Before and during your activity, sip a drink that has 6% glucose and 5% fructose. Guys who did that for a two-hour jog and a 6km time trial had fewer gastrointestinal issues and ran faster than those who drank just glucose, a University of Nebraska study found. The mix is more rapidly absorbed, which is why sports drinks use it. Drink water and eat 630kJ of grapes for a DIY version.

DON'T SIDELINE YOUR SHUTEYE

Hit the sack, stay off the injury list: researchers in Los Angeles surveyed high school athletes about their sleep and training habits and then followed them for 21 months. The wake-up call: the best predictor of injury was the number of hours the athletes slept each night. In fact, the findings are consistent with the results of similar studies revealing that a lack of sleep can affect cognitive and fine motor skills in adults, explains neurologist Dr W. Christopher Winter. "Keep in mind that an essential ingredient for athletic recovery is growth hormone production, which occurs during deep sleep."

Average Sleep per Night and Risk of Injury

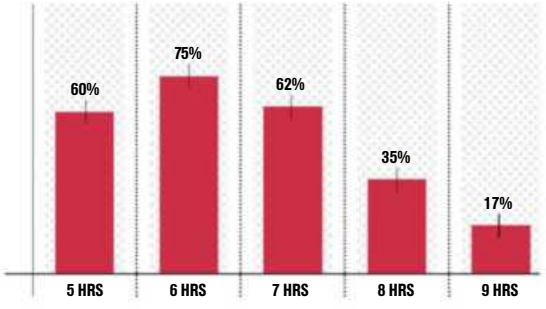


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BLAST FAT IN 3, 2, 1...

Leave it all at the finish line: **you only have to run 5 kilometres a week to burn fat,** report Danish researchers. Runners who logged at least 4.9km a week lost an average of 2kg after a year – without any diet changes. Those who also cut back on fizzy drinks, snacks and junk food shed 5.4kg. The key to success? The will to lose, says study author Dr Rasmus Nielsen. Those who took up running to drop kilos experienced the best results.



The Finding Refrigerating rice can save you kilojoules. Scientists in Sri Lanka say when rice is cooked with coconut oil and cooled, its concentration of resistant starch rises tenfold. This carb isn't easily broken down, so more of it could mean up to 60% fewer kJs, research suggests.
Apply It Use package directions to cook rice, adding 1 tsp coconut oil per ½ cup of uncooked rice. For the full benefit, let it simmer for 40 minutes and cool for 12 hours. Reheat and serve.

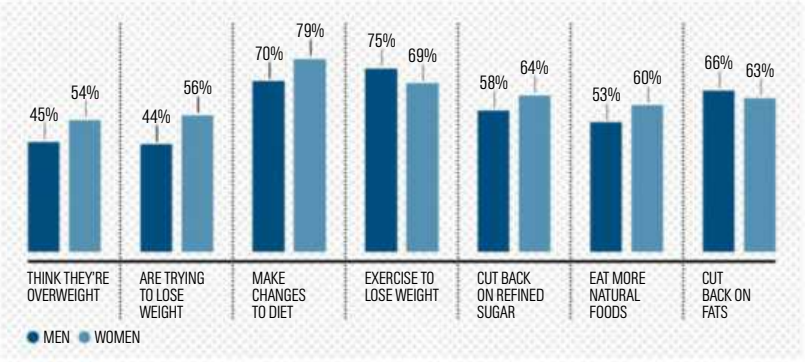
Melt Away 5 Kilograms

Cut your gut without giving up the good stuff: **even a modified Mediterranean diet can encourage weight loss,** say scientists in Germany. People who replaced the diet's standard olive oil with canola and walnut oil and ate two sweets a day lost an average of 5kg in 12 weeks, while folks on the traditional diet dropped fewer than 500 grams. More options and room for indulgence may help you avoid cravings and make a diet easier to stick to.



WHO CARRIES MORE WEIGHT?

Women use a more balanced attack in the battle of the bulge than men do. A Nielsen survey reveals that women not only exercise but also make more dietary changes. Most men hit the gym but appear to have missed the memo on the importance of healthy eating.



PHOTOGRAPHS MIKO LIM, ISTOCKPHOTO (RICE)
ILLUSTRATION GUILHERME ZAMARIOLI

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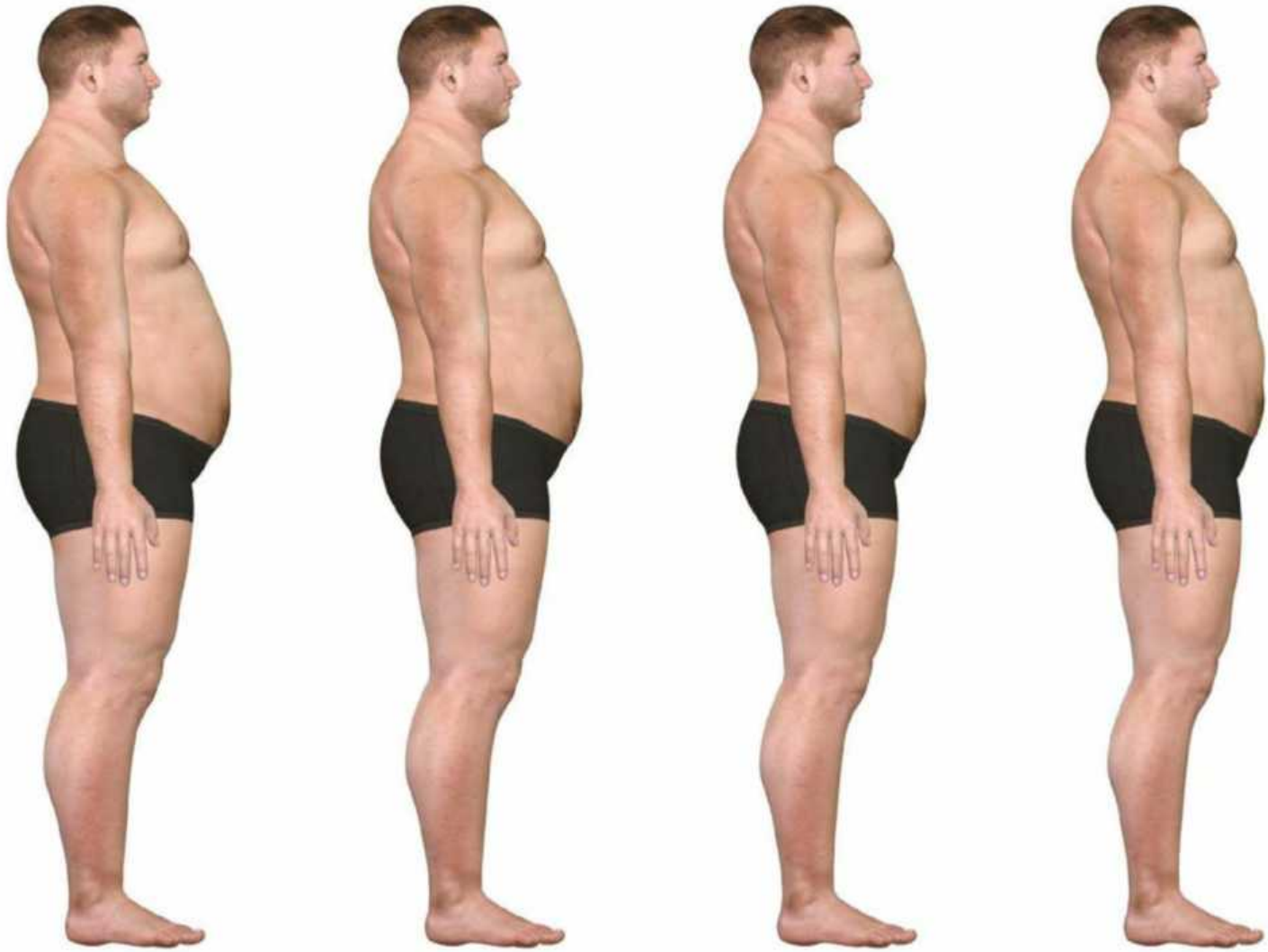
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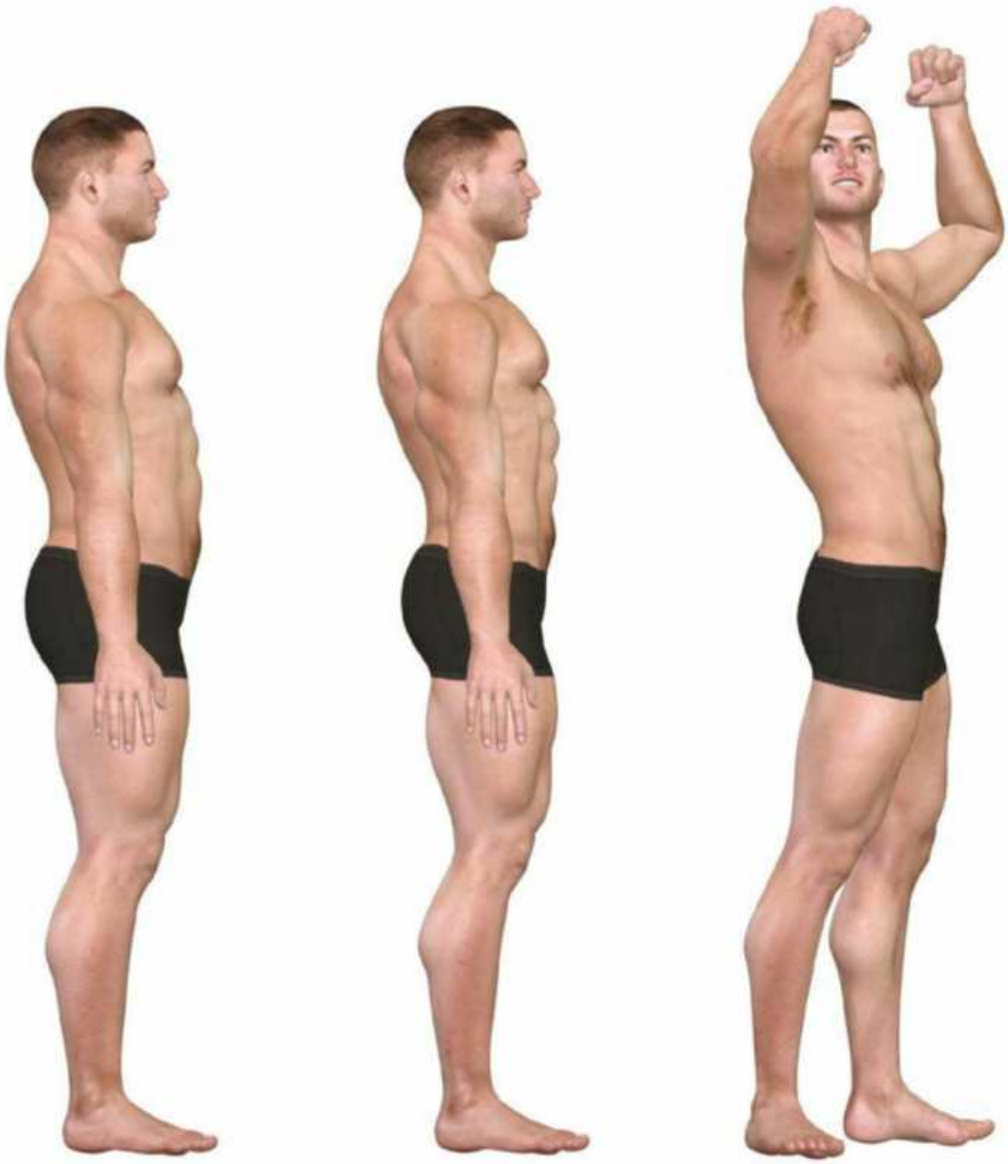


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Edited by Buntu Ngcuka



KITCHEN CONFIDENCE
Luke Dale-Roberts is most at home when in front of a stove.



WHY THE KITCHEN IS THE NEW GARAGE

South Africa's best chef tells *MH* how to make haute cuisine part of every man's meal plan

BY THOMAS OKES
PHOTOGRAPHS CAMERON MCDONALD

LUKE DALE-ROBERTS IS NOT A NATURAL MODEL. He poses stiffly, smiles awkwardly and wonders what to do with his hands. He gets lost in what he's doing, chopping an onion, whisking cream, and forgets he's on camera. Then he looks up, remembers who we are, and asks, "Oh, do you want me to smile?"

Yeah, you've heard of him. He's the guy behind the Test Kitchen, which was listed at 28th on the Diners Club World's 50 Best Restaurants earlier this year. And he's the reason so many foodies from all over everywhere now flock to what used to be the Mother City's dingiest district.

With just forty-odd seats, an enormous chef's worktable running the length of the space, everything designed to be as open-plan as possible, the Test Kitchen is more a culinary laboratory than formal black-tie affair. At 10 on a Tuesday morning there are already 15 white-jacketed chefs buzzing around behind the counter, getting ready for another sold-out lunch. Popular? Put it this way: Luke tells me he's started giving his guys an extra day off in the week, or it gets a bit too frantic. Or this way: The Test Kitchen is fully booked for lunch and supper. Until February.

It's easy to take in this scene, from this side of the counter, with all these chefs in all their white coats, like scientists figuring out the formula to fancy food, and see a well-trained, well-organised group of pros. Not a bunch of ordinary guys, in their twenties, apprentices, learning on the job. And it's easy to sit here and marvel at this menu – with its chestnuts, lamb pancetta, confit duck leg and pork belly with parsley pressed apples – and imagine that it's a work of some ancient, mystical magician.

Then a pot of cream boils over, something over there goes up in flames, and someone opens the oven marked, "Don't open," with six exclamation marks, and you see they're all wearing Crocs, taking shifts to wash the dishes, and just like that, they're a lot like you.

This place is well named. It's a kitchen, filled with young cooks, free to test the limits of their skills and imaginations, scared of nothing. Luke notices none of this. In his element, head down, he's cracking eggs, frying onions, grating cheese. You'd think he'd be used to it by now, all this attention, all these lights and cameras. But watch him behind the counter and you'll know, this is not a man who cooks for show.

BRITISH-BORN, LUKE was trained at the Baur Au Lac Hotel in Zurich, Switzerland, before heading out on his own to expand his range through Asia, launching restaurants in Singapore, Seoul, you name it. By the time he'd become something of a specialist in everything – from fine French dining to fusion cuisine – his followed his wife, Sandalene, home to her native South Africa. In his first gig here he took La Colombe in Constantia to 12th place on the San Pellegrino list of the World's 50 Best Restaurants of 2010. Since then he's been operating under nothing but his own name, striving for the kind of independence that comes from cooking in a kitchen you've built yourself.

And he's not done yet.





TAKE IT INSIDE
A man's kitchen is his castle. Go on, get a little stir crazy





THE 5 KITCHEN TOOLS...

Every Man Needs to Know How to Use



Knife

We know what you're thinking – shouldn't that be plural? – but the right blade will render all others irrelevant. To really look (and feel) like you know what you're doing, invest in a quality piece of steel that's capable of taking down anything, from delicate mushrooms to chunks of cow. A 20cm Global Chef's Knife comes loaded with instant chef cred. ***R899, yuppiechef.co.za***



Frying Pan

A saucier pan is best, because of its rounded bottom (jeez, where is this sentence going?) that's designed to keep ingredients moving. This is useful when you need to stir things – i.e. everything. Make sure it's nice and heavy, with a long, sturdy handle, and use the hell out of it. The Chef's Pan by Le Creuset ticks all those boxes, and comes with a lifetime guarantee. ***R2 400, lecreuset.co.za***



Mortar & Pestle

The mortar is the bowl part, and the pestle is the thing you use to crush seeds or grind spices. Yes it's Latin, and yup, it's a great way to add bring an old-school feel to your countertop. Chuck out those herb jars and mix up a few of your own concoctions instead, for a more authentic experience. It needn't be fancy, but it does have to be made of stone – try one by Jana Marble. ***R549, Woolworths***



Hand Blender

It's not just for smoothies (although it'll do a great job with those, don't get us wrong) – it'll also help with everything from whisking cream to puréeing veg. In fact, your decision isn't so much whether or not you need one but which one to get: they come with and without a stack of attachments. We like the Kitchenaid Artisan Cordless. ***R4 490, yuppiechef.com***



Meat Thermometer

Nothing kills your chances of second date quite like food poisoning. Measure your meat's temperature properly to ensure it sticks to the number suggested by the recipe you're using. The helpful labels on the stainless steel dial version by Kitchen Craft will make a useful reference point when you get distracted by your lady guest's lovely, er, personality. ***R109, yuppiechef.com***

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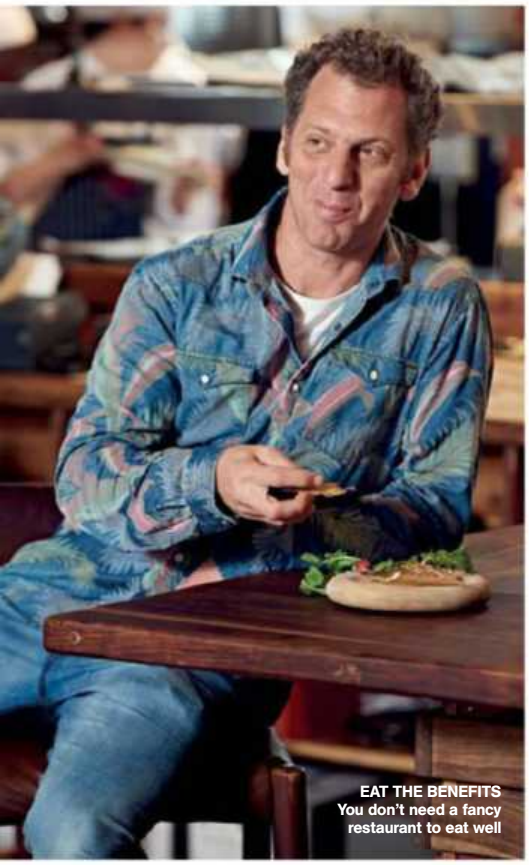
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EAT THE BENEFITS
You don't need a fancy restaurant to eat well

This month Luke launches Naturalis, an "incubation hub" that'll allow for even more experimentation. "It's an indulgence, more than anything," he says casually. "We're focusing on source ingredients and getting back to basics. We might do the odd event, when we have a menu sorted. But we're going to try different things; culturing, drying. Fermentation too; I'm interested in how it naturally changes the core aspects of an ingredient." The space promises all kinds of innovations, from a roof garden to a hatch that showcases new creations to anyone passing by. "We might try charcuterie... well, we'll get in a pig a week and see what happens."

YOU DON'T NEED A CERTIFICATE OF COMPETENCY TO COOK. YOU JUST HAVE TO BE BRAVE ENOUGH TO TRY SOMETHING NEW

Confidence doesn't come any clearer, or calmer, than this. Whether it's cooking for sold-out dinner crowds or opening a new venture, the likes of which local foodies have only imagined, there's not a speck of fear of failure anywhere.

Luke Dale-Roberts is not a model, and he's not a magician. He's just a natural; someone absolutely at ease doing something that not many people fully understand. Standing over a chopping board, in front of something green and exotic, holding the knife to end all knives, he's quiet, in his own head, focused and completely unruffled. In his jeans and floral shirt, he could be anyone. He could be you.

SO HE'S UNEASY UNDER a spotlight. Who isn't? So he gets tired of forcing a smile, who cares? Here's the secret to his success: he knows he can cook.

Luke didn't become one of the world's best chefs by hiding behind expensive ingredients, dumping a pile of truffle oil on everything and hoping no one would notice. Take a closer look at that Test Kitchen menu and you'll see a lot of snoek. Crackling. Kombucha. Even amasi. You don't need a certificate of competency to cook these. You just have to be brave enough to try something new.

In science terms this is what you'd call "perceived self-efficacy" – a person's beliefs about his ability to achieve a certain thing. When it comes to cooking, the more confidence you have in what you're doing, the better you actually end up performing in the kitchen, according to a variety of recent studies*. There are health benefits too: a 2009 Australian study published in *Food, Nutrition & Science* showed that kitchen confidence was strongly linked to a habit of buying healthier foods. You just need a little faith: if you think you suck at cooking, you'll spend less time over a stove and more time eating crap, like fast food, whereas "confidence... might make you more willing to try a new recipe or a new fruit or vegetable". The US Department of Health recently noted that "building cooking confidence and reducing barriers to cooking could help more people make the healthy choice to cook at home more frequently." And a study at the University of the Free State in 2013 found a direct link between participants' perceived cooking abilities and their perceived food security. When you rely on restaurants to eat well, most of the time you're going to be disappointed, and that can make you wonder what your next meal's going to look like.

Right now Luke is mixing some cheese into a mixture of cream and eggs, for a sauce that'd work nicely on pasta, or just as well on toast. "I've never tried this with Brie before," he says. "Usually I'd go with Parmesan or a mature cheddar, but I think Brie is going to be freaking lekker. Want a taste?"

Maybe it's the Brie, or the 500ml of cream, or that he presents it with the panache of a man who's not worried for a moment that he might have just ruined a perfectly good cheese sauce, but it really is freaking lekker. XH

THE 5 INGREDIENTS...

Every Man Needs to Have in His Kitchen

1/ OLIVE OIL Not just for special occasions – use it with everything. Remember, extra-virgin is the highest grade, meaning it's pure, unrefined and packed with healthy polyphenols. The award-winning Karoo Blend from Prince Albert is our staple of choice. ***R74 for 500ml, Woolworths***

2/ GARLIC It's been used by humans for 7 000 years, as a dietary and medicinal must of the Egyptians, Babylonians, Romans and more. (Conversation started – you're welcome.) Chop it up fine, using a Joseph Joseph Rocker for bonus fancy points. ***R249, yuppiechef.co.za***

3/ SALT No, not the table variety; rather look for flakes, which will do a much better job keeping your body free of pathogens, regulating sugar levels and preventing osteoporosis and other nasty stuff. The Sea Salt Flakes by Maldon are about as organic as salt can get. ***R57, Pick n Pay***

4/ CHICKEN STOCK will liven up the blandest side of carbs. (Not the same as broth; stock is made from the bird's bones.) It's also useful if you're making your own soups or sauce. The Fond Liquid range by NoMU will make almost anything edible. ***R70 for 200ml, yuppiechef.co.za***

5/ HOT SAUCE We've been banging on about sriracha forever, but to recap: the main ingredient of chilli peppers is capsaicin, which heats up your plate, speeds up your metabolism and boosts endorphins. Light your fire with Sriracha by Suree ***R59, yuppiechef.com***

SOURCES JOURNAL OF THE AMERICAN DIETETIC ASSOCIATION, 2006, 2009 & 2010; PUBLIC HEALTH NUTRITION 2006, 2007 & 2010; CANADIAN JOURNAL OF DIETETIC PRACTICE AND RESEARCH, 2010; JOURNAL OF NUTRITION EDUCATION AND BEHAVIOR, 2009

FCB CAPE TOWN 00059HCTPE



Model Citizen

Jade Hubner was the perfect choice to pick our *MH* Cover Guy. Here's why

THE MISS SA FINALIST AND WINNER of the *Top Billing* Presenter Search uses her entrepreneurial skills to raise awareness for community projects – when she's not surfing or skydiving. We asked her how she stays fit, and what she finds attractive in a guy, so you don't have to.

You obviously have a competitive streak. What have you learnt from competing in such high-profile contests?
I'm definitely competitive with myself; I like to push myself and be the best me I can be. I would say I've learnt to embrace my flaws and own who I am.

You're also very fit... how do you make the time to train?
When I'm in Cape Town I box with Point Break at OneUp; I also go to Sweat 1000 and for runs with my dog. When I travel for *Top Billing* it's harder – I often have to train at 5am or super late at night. Sometimes there are no gyms where I stay, so I pack a skipping rope and then I'll just skip and do burpees, lunges and squats in my hotel room.

What defines a great body? And a good man?
Personally, I like a guy with strong arms and legs. But beauty is subjective – a guy doesn't need to be big, he just needs to look after himself. A good man has manners, is respectful, selfless and honest... easy.

Any advice for a guy who's keen to impress a girl known for her active lifestyle?
Don't take her for dinner and try feed her alcohol. Organise an adventurous date, somewhere outdoors.

Would you prefer he cooks for you, takes you out to dinner or packs a picnic?
Hmmm... unless he's a really, *really* good cook, I would choose going out for dinner. But picnics are cool too.

QUICK-FIRE QUESTIONS

First date: Champagne or coffee?
Iced-coffee... because Champagne usually comes with dinner and I might not want to stay that long [laughs].

Instant turn-on?
Muscles. Because I couldn't choose it in the previous question.

And turn-off?
A guy who tips badly, or checks themselves out in every reflection. Actually a guy who checks himself out more than his girlfriend.

Your sexiest quality?
Maybe my agility... but I can't really answer this question myself, so I had to quickly ask a real man – and who better to ask than my fellow *MH* Cover Guy judge, Siv Ngesi? He said my personality! And physically, my legs, face and behind. Thanks, Siv.

Your dream day...
I get a kick out of having either a productive, active or relaxing day; it just depends on what mood I'm in. A relaxing day would be chilling at home with my dog, good food and maybe some good company for a few hours.

Money, muscle or mind: pick two...
Firstly, mind. I want to say money is my second choice because I'm attracted to ambitious and driven people, and generally money comes with that. But I like a guy who isn't skinnier than I am, so I'm tempted to pick muscles... I'll stick with money.

TEXT BUNTU NGCUKA **PHOTOGRAPH** GARRETH BARCLAY


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GREATEST HITS
Beer, girls and... gear, of course

8 Festival Essentials

Yeah, there'll be dust, booze, bands and more dust. Bring these along so the only thing you'll have to worry about is learning the lyrics



HIGH-TOPS

Rock star, veteran festival MC and creator of rockumentary *Stone Cold Jane Austen,* Jon Savage has attended more festivals than most. His best advice? "Getting dirty is part of the process. Take shoes or boots that you won't mind destroying. I ruin a pair every year." ***R199 mrp.com***



CANVAS BACKPACK

Even though the idea is to pack light, you won't want to leave valuables or essentials in your tent. Stuff this backpack with your breath mints, wet wipes, phone, cash, cards and sunglasses. ***R199 Markham***



K-WAY COMPACT SELF-INFLATING MATTRESS

Apart from doing all the manual labour for you as soon as you unroll it, this mattress is soft, comfortable and easy to deflate, minimising that post-festival pack-up pain. ***R399 Cape Union Mart***



SECUR MINI COLLAPSABLE STORM LANTERN

Nobody wants to be accused of being the event's sexual harassment panda. Find your way back to *your* tent with this collapsable lantern. It also charges your phone and flashes up as an SOS light. ***R399 Cape Union Mart***



K-WAY PANORAMA TENT

This tent is big enough for three (go go Romeo) but its best feature is the rapid setup time. No more missing the opening acts while you're fiddling with ropes and an instruction booklet. ***R1 499 Cape Union Mart***



2BOP 5-PANEL CAP

Like a Blister in the Sun? Indeed. You're having the time of your life and burning to a crisp. Slap on the sunblock (with a proper SPF) and sport a bucket hat or a five-panel cap, like this beaut from 2Bop. ***R360 The Lot***



MOBICOOL U15 DC

Because beer. This 3.5 kg cooler box uses your car's battery to make and keep your libations ice cold on your hot roadtrip to the fest. Set up camp. Offer cold drinks. Instant hero. ***R899 Cape Union Mart***



VICTORINOX 3.3713 BLISTER-PACK KNIFE

The classic. Open a can of beans, remove a thorn from a groupie's foot, pick your teeth clean, fight off wolves, open a bottle of wine or use it to set up camp at a fest. ***R375 Cape Union Mart***

BEST OF THE FESTS

Show Us Your Hits!

Rocking the Daisies
1-4 OCTOBER

The biggest and best festival in the country, this year's line-up includes Aking, PHFat, Bongeziwe Mabandla, Jack Parow and the Kooks – plus a bunch you've never heard of, ready to make it big.

Up the Creek
28-31 JANUARY 2016

Forget pretentiousness or VIP nonsense – think back-to-festival basics à la Woodstock, but floating on the Breede River near Swellendam. Pack a lilo.

Ultra Music Festival
26-28 FEBRUARY 2016

Prefer doof-doof? This three-day fest held in both Cape Town (River Club) and Joburg (Expo Centre) features some of the world's biggest house and EDM DJs.

RAMFest
25-27 MARCH 2016

Rock and metal fans got all emo when RAMFest was postponed this year but they got their air guitars up and running upon confirmation that the festival will return next year.

AfrikaBurn
25 APRIL-1 MAY 2016

Art, performance and an ethos based on gifting (no ATMs or vendors – you have to take everything you need with you), it's SA's answer to Burning Man.

MTN Bushfire Festival
27-29 MAY 2016

Swaziland's finest, featuring Africa's best acts, art exhibitions, poetry, film screenings and workshops, CNN recently named it one of the seven must-see festivals in Africa.

WORDS BUNTU NGCUKA **PHOTOGRAPHS** ISTOCKPHOTO, JAMES GARAGHTY (STILLS)

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GREEN CROSS

Love being in your shoes

www.green-cross.com

Bro69BangersScoutBorscht123

If your passwords look like this, you're doing it wrong. Luckily, these apps are here to help



OUR EDITOR'S SURNAME (MINUS THE LAST TWO LETTERS), A NUMERICAL sex position, your third pet and Radovan Krejčíř's favourite food... let's face it, coming up with new passwords can get tricky. And if you bounce between PCs, Macs, Android and iOS and have a multitude of online accounts, remembering all of them is just plain impossible. So get a password manager – safe, secure systems designed to generate long, complicated passwords for all your accounts. Your one job? Remember one password. Alistair Fairweather, CTO for advertising agency Machine, says that "while password managers can be hacked – if someone really wants your info, they can get it – like a car alarm, these apps make it a lot more difficult for you to lose your data."

Pasop!

1PASSWORD *(R140 FOR PRO)*

All Fairweather's passwords are managed by 1Password, a service with a slick operating system that manages your keychain and alerts you to security breaches across the web. "It works across multiple platforms, from PC to Mac, Android and iOS. What I like about it is that when I need to fill in a password, I hit a few keys and the app does it all for me, using strong, secure passwords I would never remember on my own. It's like Google auto-complete on steroids, and super secure."

Pass Go

STICKY PASS *(R250 FOR A YEAR)*

If you care about the environment, this is the password manager for you. With Sticky Premium a portion of the annual fee goes towards manatee conservation (Sticky's parent company, Lamantine, is the French word for manatee and the sea mammal is the company mascot.) Other than the good deed aspect of being a Sticky member [*dadum, dum, tish*], their product is excellent, allowing you to sync and back-up seamlessly across all platforms. Save your password and the manatee in one go.

Thou Shalt Not Pass

DASHLANE *(R550 FOR PREMIUM)*

The choice of tech geek and sock-flogger Nic Haralambous (nicharry.com), Dashlane "allows you to create a single master password that you remember, write down and keep safe. It then assists you in recreating new passwords for every service you use, as you use them. Dashlane has a mobile app that helps with app login, a browser app that logs you into every website without every needing to hit the login button ever again. It's sheer and utter bliss." It also alerts you to data leaks occuring on the web and reminds you to reset passwords.

Free Pass

LASTPASS *(FREE)*

The free version of one of the oldest password managers on the market. Setup is quick and easy – the most difficult thing you have to do is come up with one, really strong master password, something a hacker would struggle to work out, and then remember it. (LastPass won't be able to help if you lose that password.) Your data is stored in LastPass in encrypted form. How encrypted? Well, even they can't read it if the NSA asked them nicely. If you want more features, for a modest fee, you can upgrade to Lastpass 3.0 with a few taps.



Pay with Shepherd

A Stellenbosch-based start-up, Shepherd offers a smart yet simple solution if you're worried about the quality or safety of online transactions on sites like Gumtree. After a buyer and seller have agreed terms, Shepherd (who have partnered with RAM Couriers), hold the buyer's cash in an escrow account and take charge of delivering the parcel. Only once the buyer has inspected it and given the thumbs-up is the cash released to the seller. They do all of this for a small fee – 3.95% of the transaction value, or a minimum of R30. No mess, no fuss, no getting held up by somebody wanting to steal your Ford Cortina. *paywithshepherd.com*

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The Perfect Nightstand

A man's bedside table should be more than just a lamp stand – fill it with these items and build a room you won't want to leave

1. Time + Tech /
iPhone Charging Dock
R149 **ITOYS.CO.ZA**

Marshall Acton Bluetooth Speaker
R4 299 **ISTORE**

TAGHeuer Carrera Auto Watch
R39 995 **TAGHEUER**

Kikkerland Wooden Cube Clap-On Alarm Clock
R299 **THEGADGETSHOP.CO.ZA**

Smartphone Projector
R289 **ITOYS.CO.ZA**

Oregon i.Relax Zen Aroma Diffuser
R1 499 **THEGADGETSHOP.CO.ZA**

2. Thirst /
Iittala Ultima Highball
R469 **FINEANDFABULOUS.CO.ZA**

Wild & Wolf Glugg Thirst Extinguisher Water Bottle
R225 **FINEANDFABULOUS.CO.ZA**

Rième Morteau French Lemonade
R89 **FINEANDFABULOUS.CO.ZA**

3. Something Sweet /
Dark Chocolate Bon Bons
R35 **FINEANDFABULOUS.CO.ZA**

Pastiglie Leone Circus Sweets
R49 **FINEANDFABULOUS.CO.ZA**

4. Light /
Alain Mikli Reading Glasses
R5 700 **EXTREME EYEWEAR**

Ultra Tec Rechargeable Emergency Multi-Function LED Light
R350 **CAPE UNION MART**

LED Lenser T7.2 Torch
R699 **CAPE UNION MART**

Tom Dixon Beat Table Lamp
R13 035 **CREMADESIGN.CO.ZA**

5. Tools, Tinctures + Trinkets /
Wild & Wolf Metal Tin
R310 **FINEANDFABULOUS.CO.ZA**

Wild & Wolf Gentle-men's Manicure Set
R370 **FINEANDFABULOUS.CO.ZA**

Therias London Sailors Pocket Knife
R895 **FINEANDFABULOUS.CO.ZA**

Snoreeze Throat Spray
R120 **WELLNESS WAREHOUSE**

Badger Lavender and Bergamot Sleep Balm
R89 **WELLNESS WAREHOUSE**

6. The Table /
Euro Pedestal
R1 969 **BEDROOM.CO.ZA**

7. Read /
Read Harder by Ed Park and Heidi Julavits (ed.)
R321 **THE BOOK LOUNGE**

Anger is an Energy by John Lydon
R230 **THE BOOK LOUNGE**

Lady from Zagreb by Philip Kerr
R300 **THE BOOK LOUNGE**

Graffiti South Africa by Cale Waddacor
R592 **TAKEALOT.COM**

Day Four by Sarah Lotz
R308 **EXCLUSIVES.CO.ZA**

Man of Good Hope by Jonny Steinberg
R230 **THE BOOK LOUNGE**

PHOTOGRAPH JAMES GARAGHTY **STYLING** NATALIE THIART

ULED TV



ULTIMATE Response Time | Contrast | Brightness

TV's differ in terms of features and specifications which ultimately impacts picture quality and price. Hisense has just released its Ultra LED (ULED) TV range, which includes ultra-high-definition models. ULED, an enhanced version of LED TV technology, divides the backlight into 240 independently controlled zones, which enhances contrast to create a more vivid colour experience. Its ultra-dimming technology enables it to render more detailed imagery. Hisense's ULED 2,0 technology can finally fulfil your desire for the best picture quality, colour and ultimate viewing experience.

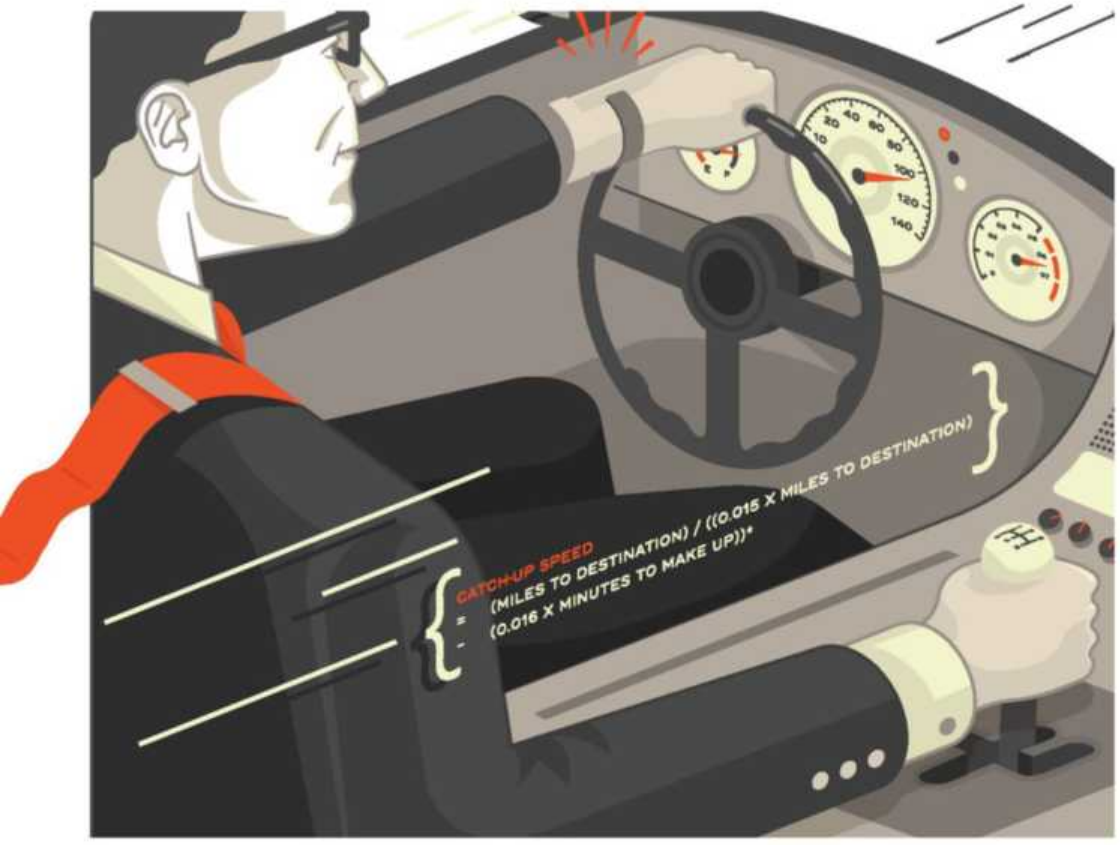
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When Is Speeding Worth It?

You're late – for work, the family reunion, the Bulls-Sharks game, whatever. But is putting pedal to the metal your best choice?

SURE, YOU COULD'VE GOT OUT of bed earlier. But that's not really how men solve their problems, is it? Or else we wouldn't have invented V8 engines. Now, I won't endorse speeding, or any kind of breaking the law, but it does bring up an interesting theoretical question: how fast do you have to go to make up for lost time? To find out, you'll need to know two things: your distance to your destination, and how many minutes you need to make up along the way.

Then harness the classic linear relationship between speed, time and total distance to solve for the right kilometres per hour. So the closer you are to your destination, the faster you'll have to go to make up time. And let's assume you'll do this in a place without a lot of traffic lights: try society's main drag strip, the highway.

Even then, it might be better to ease off that accelerator. Unless you're willing to be truly reckless and clock 120 km/h above the speed limit, most short trips aren't going to be worth the effort. Here's why: on a 40-kilometre trip when you'd normally do 100, you'd have to drive an average of 135 km/h to make up just five minutes. But for longer trips, even a slight amount of pedal to metal pays off. Let's say you live in Cape Town and want to hit that Soweto derby, DIY-style, with a cross-country road trip. Exceeding a speed limit of 100 by just 8 km/h could save you over four hours over those 1 403 kilometres.

When you're closer to home, though, remember that making up for lost time becomes increasingly difficult and dangerous. If you fall behind by 10 minutes, your need for speed ramps up: now you'll have to clock as much as 185 to make that meeting. You might as well have taken a plane.

– MARK ROBER*

Time Saved Compared with Driving at an Average Speed of 105 km/h

	CPT	15KM	40KM	80KM	160KM	1 403KM	JHB
110 KM/H		(1 min saved)	(2 min saved)	(3 min saved)	(7 min saved)	(76 min saved)	
130 KM/H		(2 min saved)	(4 min saved)	(9 min saved)	(17 min saved)	(194 min saved)	
145 KM/H		(3 min saved)	(6 min saved)	(13 min saved)	(26 min saved)	(261 min saved)	



WHAT'S YOUR PLAY?

The Parking Lot Looks Full

Did you really think you could drive to the mall and just "pop in and out"? The Parking Lot Gods laugh at your foolish mortal desires! Now you're stuck searching for a spot in a sea of steel and glass. There are two choices: do you snake up and down the rows of cars, hoping the perfect spot will magically appear? Or do you just take a space on a quiet block on the other side of town and walk it out? After mapping plenty of parking lots and creating his own mathematical models, Richard Cassady, a professor of engineering at the University of Arkansas, has arrived at an answer: on average, people who settle for the first parking spot available enter their destination about 10 seconds sooner than those who keep stalking the spaces. True, that's not much of a time savings. But by accepting the parking cards you've been dealt, you'll also burn less fuel and more kilojoules – per round trip, people walk an extra 30 metres on average, says Cassady. Sanity-wise there's an edge too: you'll keep moving toward your finish line while the other guy chases his own tail. In other words, brainpower (sometimes) trumps horsepower. The gods shall smile upon that. Maybe they'll even let you park close one day. – KRISTIN CANNING

PHOTOGRAPH ISTOCKPHOTO **ILLUSTRATION** MIKE MCQUADE
*FORMER NASA ENGINEER WHO HOSTS HIS OWN SCIENCE AND CREATIVITY CHANNEL ON YOUTUBE


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SA'S No 1*
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MEN! THIS IS YOUR FACE CREME.
Try the quick and easy FACE CREME for better looking skin. It's NON-GREASY, FAST ABSORBING and more AFFORDABLE than you think. Also available in Even Tone Creme with UV protection.
*Nielsen market value share, total male grooming category, 12mm Dec 2014.
FIND OUT MORE AT NIVEAMEN.CO.ZA

Worth Your Time

You have 150 hours of free time*. How will you spend them?

THRILL

DISPENSABLE

ESSENTIAL

CHILL



MASTERMINDS
Craziest thing about this Zach Galifianakis/Kristen Wiig heist caper? It's based on a true story.
18/9



METAL GEAR SOLID V
They're calling it "The Phantom Pain". We're calling it a game-changer, as Snake's adventures go open-world.
1/9



SOUTHPAW
Jake Gillenhaal gets jacked. But can his boxing flick go 12 rounds with the classics?
4/9



CAPE TOWN MARATHON
Reckon you could run the Mother City? Ready, set, get on it.
20/9



EVEREST
An all-star cast takes on the big mountain (and loses) in this harrowing true story.
18/9



BOKS VS JAPAN
The Boks open their account at the World Cup, and a nation of supporters gets chewing on every nail in sight. Other opening-weekend games to catch: All Blacks vs. Argentina, France vs. Italy, and England vs. Fiji (Go, Fiji!)
19/9



SELFLESS
Ryan Reynolds cards a fake ID.
25/9



THE TRANSPORTER: REFUELED
No Statham? No deal.
11/9



WILDCOAST WILDRUN
The wildest of runs covers 112km. Missed this year's race? Start prepping for 2016.
6/9



***MH* MENSWEAR**
SA's biggest men's fashion show hits Joburg.
17/9



SO THERE
Ben Folds + yMusic = an intriguing new album that blends chamber music and folky pop.
11/9



NO NO NO
Actually, yes: it's the new album from indie folksters Beirut.
11/9



MAN UNITED VS LIVERPOOL
The (live-action) soccer season kicks off.
13/9



CHELSEA VS ARSENAL
Classic, snoozefest, either way, the arguments will rage all season long.
19/9



PURITY
Jonathan Franzen's new epic looks like a masterpiece in the making.
1/9



PHARRELL WILLIAMS
The genre-hopping megastar lifts the roof off the Coca-Cola Dome.
24/9



TWO YEARS, EIGHT MONTHS AND TWENTY-EIGHT NIGHTS
Actually, it's been more than seven years since Salman Rushdie's last adult novel.
1/9



YOURS, DREAMILY
The Black Keys' Dan Auerbach goes psychedelic on his debut collab.
4/9



OPEN BOOK CT
It's a book festival, and not a boring one. Worth a visit for the comics alone.
9-13/9



SAHFE
Meet the experts (including *MH*) at the SA Health and Fitness Expo.
18-20/9



NEWSFLASH!
Trevor Noah begins his tenure as host of *The Daily Show*.
25/9



FIFA 16
The (couch-potato) soccer season kicks off.
25/9

*SOURCE STATSSA.GOV.ZA, 2001

MAKE YOUR FIRST IMPRESSION COUNT.

Lunga Shabalala is one of the most recognised faces in South Africa. He is known for his effortless style and attention to how he looks. Being constantly in the spotlight, a healthy face is key to his success and it all comes down to using the right face care product.

LET'S FACE IT...

Life can be demanding, so to face your challenges, here are our top face care tips. With NIVEA MEN, looking after your face is quick, easy and affordable.



USE THIS ON YOUR FACE



NIVEA MEN FACE CREME

NOT THIS



BODY LOTION

1 FACE FACTS

It may be convenient to use body lotion on your face but it contains 20% more oil than face creme. This can be bad news if you already have oily skin – and worse if you have a few spots. Body lotion is great for the body but your face needs special care. Get a better result by using NIVEA MEN FACE CREME. It's non-greasy, fast absorbing and more affordable than you think.

2 ONE PRODUCT, ALL YOU NEED

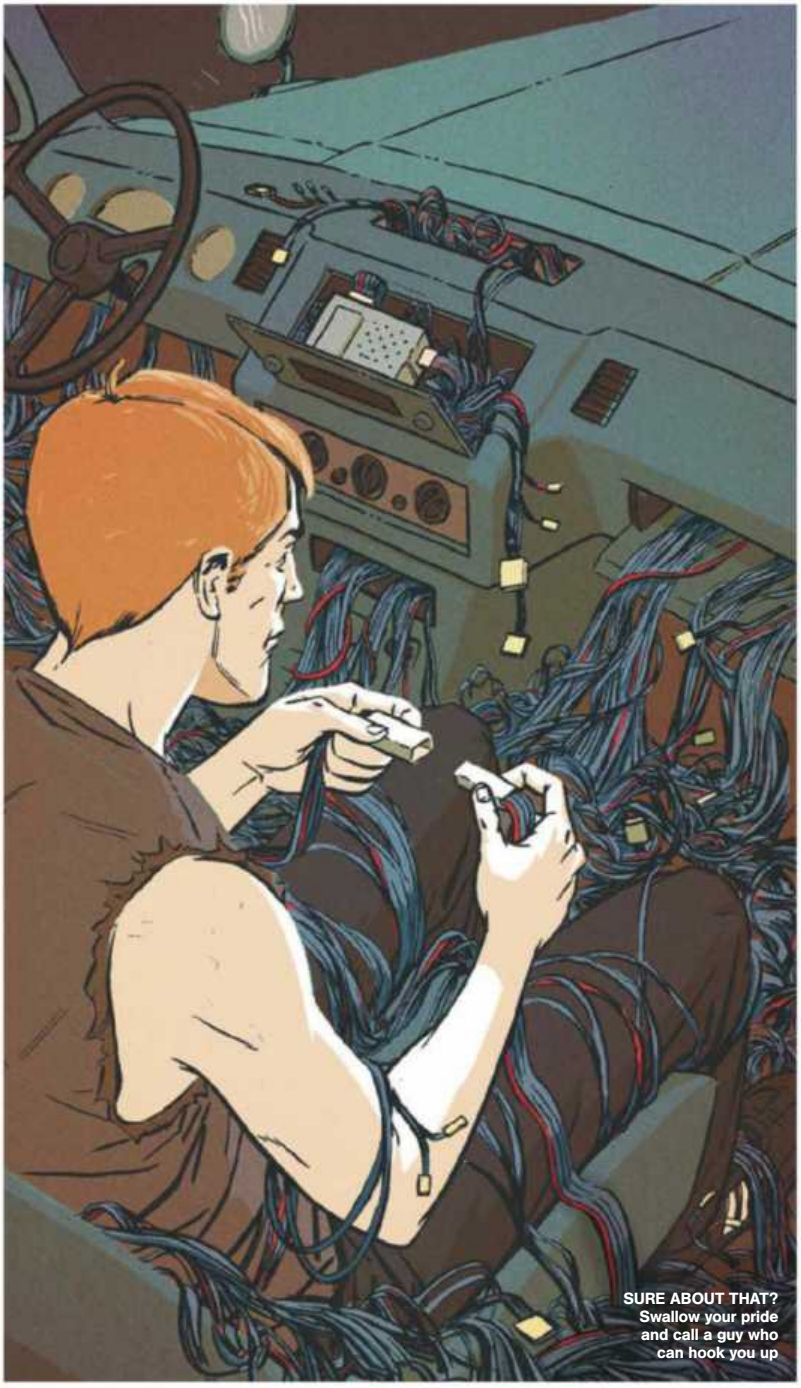
Lunga Shabalala says, *"Why buy loads of different face care products when you can get healthier skin with NIVEA MEN Face Creme? It's easy – I just twist open the tin, dip in my finger and apply a small amount all over my face and neck. It makes looking after my skin quick and easy, and I only need one product!"* You've got the right threads, now get the skin to match.

3 PROTECT YOUR FACE

You care about your clothes and your shoes, but what about your face? Protect your face from the dark marks and patches caused by the sun. Try the NIVEA MEN EVEN TONE FACE CREME variant with UV filters to protect your skin from sun damage.

Take control of your skin because you only get one chance to make a good first impression.

Find out more at www.niveamen.co.za



SURE ABOUT THAT? Swallow your pride and call a guy who can hook you up

The 26 Guys It Pays to Know

Not even the most resourceful and capable man can make it alone in this world. Sometimes it's essential that you've got a guy

YOU SHOULD HAVE A GUY WHO...

Can get you tickets.

Can get you out of tickets.

Can answer software-installing questions when you're confused.

Owns a bakkie.

Is willing to meet for a weeknight beer.

Is overly competitive (just to remind you how stupid that looks).

Is willing to drive four hours to The Dome and back on a Tuesday night because upper level, row 20, is a fine vantage point for a concert.

Will eat anything.

Has a repertoire of occasionally tasteful jokes.

Can make great conversation with anyone.

Is always gracious (just to remind you how good that looks).

Knows cars.

Is your polar opposite politically, occupationally or socially.

Doesn't drink.

Is old and tells cool stories, and feels no need to post about them.

Has the office's institutional memory.

Dresses a little better than you do.

Lets you rant.

Loves gadgets.

Knows how to buy and sell a house.

Has tools that he'll let you borrow.

Is a dad and can be your advisor when you become one too.

Doesn't let every call die in voicemail.

Can tell you if you're going to like a movie.

Is organised enough to turn Vic falls talk into Vic falls tickets.

Can pick up the story wherever it left off.

MAKE BORROWING A CINCH

Just because your mate's bakkie is bigger than your car doesn't mean it's a monster. Let him know what you want to tow; he'll tell you what his engine can handle. Then cinch your load securely, using ratchet straps if possible. One tap of the brakes is all it takes to slam your load into his cab – and no, filling his tank is not a sufficient apology for that.

Your guy: John DeSilvia, licensed contractor and host of *Rescue My Renovation*

ORDER THE OCTOPUS

Jolting your senses is always smart. When you try something new, your brain expands neurologically and is able to handle tougher challenges. And you'll learn the answer to this riddle: how enjoyable is a man who knows about, likes, listens to, eats, watches and talks about only one thing over and over and over again?

Your guy: Dr Michael McKee, clinical health psychologist

PULL INTO THE PIT

Now's the time: bring your ride in for a checkup in spring, when nothing is running too hot or too cold and the mechanic isn't packed with summer roadtrippers. In addition to the usual tyre, filter and brake checks, have him load-test the battery. Just because it starts your car now doesn't mean it won't betray you down the line.

Your guy: Joe Zolper, host and lead mechanic of *Garage Squad*

DRESS SHARP

To put it simply, a guy with style sticks to modern classics that fit well and pays attention to the little details that really make those clothes his. His pants, for example, are the perfect length – if they want to drag on the floor, he knows when to make use of a good tailor or when to add some edge by rolling them up.

Your guy: Azeez Jacobs, *Men's Health* Fashion and Grooming Editor

SET A FEW ROAD RULES

Besides Thabang's snoring, two issues that can ruin a group trip are money and a lack of control. For the latter, everyone gets one veto-proof diversion. (Ben needs to see South Africa's largest koeksister.) For the former, have everybody throw in, say, R2 000 to a slush fund for group expenses – petrol, dinners, accomodation, entrance fees or tickets. There's no adding stuff up and dividing. You're not in varsity anymore.

Your guy: Adam Karlin, coauthor of *Lonely Planet's USA's Best Trips*

TEXT STEVE CALECHMAN ILLUSTRATION GARY MUSGRAVE



Lipidol is a range of six new oils for daily skincare. Featured product: Lipidol After Shave Oil 100ml. Supplements the skin's natural oily layer stripped away by shaving. Available at selected Clicks stores at the recommended retail price of R79.95. lipidol.com

JIMMY THE BARTENDER

Straight up advice on women, work and other things that screw up men's lives





My girlfriend's brother wants to crash with us for his varsity vac. She's giving me veto power, but I feel like it's a trap.

It's a trap all right. Maybe she's not setting it intentionally, but there it is: your chance to show you're truly committed to family. If you like this woman, you'll make it work. Set some ground rules: he can't turn your living room into a bedroom or hog the couch while you're watching TV. In a month he'll be gone, but a few years from now, when you're married, your generosity will still be paying dividends.

Someone swiped my iPad at work. I think it was the intern, but how do I find out for sure?
You don't. Maybe it was the intern; maybe it wasn't. Whoever it was isn't going to 'fess up just because you start playing detective. You left something expensive lying around, and now you've paid to learn you can't trust your colleagues. Consider yourself lucky that it wasn't something bigger. You start snooping, you risk accusing an innocent person. From now on, do a better job of clearing your desk at night.

A cousin I haven't seen in years keeps tagging me on Facebook in embarrassing photos from my childhood. How do I make her stop?
Isn't there a switch or something that blocks people from seeing the pics? My nephew fixed that for me years ago when I – yeah, me – was on the Facebook. But your question reminds me of a great boss I had once at a warehouse. He kept loading me with work, but I didn't mind because he always asked nice and with respect. Like, "Jim, great work with that section – can you do the same thing over here?" If you send a nasty email telling your cousin to knock off her crap, then you're a dick. But if you butter her up beforehand – "Great photos! It's awesome that you held on to those!" – then you'll probably get what you want in the end.

Now that my best friend broke up with his girl, he's always wanting to "grab drinks and talk". It's wearing me out, Jim! What's my move?
Nobody knows sad sacks like I do. They're here every night, trying to figure out where it all blew up. But you don't work behind a bar, do you? You have other places to be. Look, you're a good pal for listening to your friend. Don't abandon the guy, but you have to draw the line. Tell him you've been groggy at work so you have to catch up on sleep. Hell, you're doing the guy a favour. He can't rely on you forever. And if he needs an ear to bend on the nights you're not free, well, that's what bartenders are for. Send him my way.

Settle a bet for me, Jimmy: what's the cheapest way to get drunk at a bar?
You can smuggle in a flask. You can slam back a few crappy shots. You can drink on a shared tab and then pretend you forgot your wallet when it's time to settle up. But if you're looking to save a buck, do me a favour: buy some bottom-shelf booze and drink it at home. Drunk guys are always the most obnoxious people at the bar. You really want to spend less? Then drink less. I prefer customers who just want to sip a couple of good drinks to lubricate the conversation. Stop by my place when you're ready for that.

I've been seeing this woman for a few months now, and our dates are a blast. But the only time we get together is when I reach out to her. What gives?
My buddy Sol is like this. He's a great pal but only when I call him up. I'm sure your girl is prettier than Sol, but in this way they're the same: they never give, and probably never will. I can accept it from him, but ask yourself, shouldn't you expect more from a girlfriend?



Follow Jimmy on Twitter @MensHealthJimmy



WHAT'S YOUR PLAY?

Your buddy owes you a beer; he disagrees. Better put up your fists and settle this like men. That's right – it's a Rock Paper Scissors challenge. Go best-of-three with these tips from Douglas Walker, coauthor of *The Official Rock Paper Scissors Strategy Guide*, and the next one will always be on him.

Step 1/ Start with Paper
Your pal is likely going to throw rock, says Walker, who's analysed thousands of World RPS Society matches to chart this trend.

Step 2/ Go with Scissors
Novices tend to cycle throws in a pattern when they lose: they play whatever move just beat them. Put out what trumps your last throw, act astonished and enjoy your free round.

Step 3/ Adapt
Maybe you lost a throw, maybe he got lucky. Rebound by remembering that players often repeat winning throws because they don't think you'll expect it. So expect it.

—AMBER BRENZA

ILLUSTRATION GUY SHIELDS PHOTOGRAPHS JIM WINTERS (JIMMY), ISTOCKPHOTO (HANDS)


KOUROS
KOUROS BODY
KOUROS SILVER
YVESSAINTLAURENT
KOUROS
YVESSAINTLAURENT
FRAGRANCES FOR MEN

THE REAL DEAL



The *MH* Cover Guy competition is like a national election, with plenty of votes and nationwide coverage. But these guys are nothing like politicians

BY ARTHUR JONES

It's taken thousands of votes, not to mention reps, but we've finally narrowed down our 2015 Cover Guy entrants to just 12 finalists, all of whom entered with the goal of getting onto the front of this magazine. Just like their training prep, it hasn't been easy. Early morning gym sessions in the dark, hundreds of healthy lunchbox meals and plenty of sweat-drenched sessions has led to this. The stories we've uncovered have been astonishing – from one trainer who was told he'd never walk again after breaking his back in two places to another finalist who shrugged off 16kg and countless doctor's health warnings. Oh, and don't forget the guy who's 48 years old. That's right – 12 real men with unreal results. The best news of all? We've collected all their hard-earned advice and sweat-covered secrets for your benefit. Next year, we want to see you on these pages, and on the front of this magazine. Read on to get started.



2015 Men's Health Cover Guy Finalists!

WINNER! MEET THE *MEN'S HEALTH* 2015 COVER GUY

Angelo Picoto, 26

HELICOPTER PILOT

This ex-Motocross racing pro has transformed himself from a training rookie into a high-performance athlete, and has the body to show for it.

TRAINING METHODS Heavy lifting with supersets and calisthenics sessions, six days on, one day off. Some days, double sessions.

ENLIST THE HELP OF PROFESSIONALS If you want the best body, heed the best advice. "Up until about four months before the end of this competition, I had no coach or trainer. Then I contacted Nick Roberts of East Coast Transformations (ectfit.co.za) and he started coaching me. I started lifting heavier and changed my rep schemes, and it led to some great results. I lost 6% body fat and got much stronger. Hiring a trainer is not only a good way to get great advice; the fact that it costs you means you won't want to waste it."

MATCH YOUR BODY TO YOUR GOALS "I used to race Motocross in Europe and weighed 68kg, which suited my racing. I also used to do triathlons, and being light was a necessity, as the racing, running and swimming was all about cardio. But after that, I wanted to get stronger and more athletic."

KEEP EXPERIMENTING "I got bored of doing the same kind of training every day – then I found calisthenics, which I really enjoy. I also use its techniques to warm up and cool down."

BURN FAT WITH HEART RATE ZONES "When I want to do some fat-burning work, I get on a treadmill, hike up the incline, and get my heart rate between 120 and 140bpm. I try to stay on there for about 40 minutes."

AVOID EXTREMES "Just eat clean, and be as consistent in your training as possible. Trust in what you're doing and aim for small improvements."

FAVOURITE MOVE Muscle-ups. His current personal best? A seriously impressive 15 strict reps. And he has his own move too: a combined dip into Superman hold. It's a very tough move with big shoulder rewards.

"I NEVER STOP LEARNING AND RESEARCHING – I'M LIKE A SPONGE. I TEST EVERYTHING MYSELF AND THEN EVALUATE THE RESULTS. I SEE MYSELF AS AN INVENTOR, AND I'M TRYING TO BUILD THE PERFECT MACHINE"



Xavier Mgidlana, 26
SALES CONSULTANT

The perfect skinny-to-stacked success story, Xavier was a 52kg beanpole at 16 years old, and now he's a 96kg tower of power – all through hard work and smart training.

TRAINING METHOD Six heavy lifting sessions weekly.

START SMALL, AND STICK TO THE PLAN "I enjoyed sports, but was too skinny to play at a high level – I was in the 12th rugby team... Then a gym opened in my home town and I fell in love with training. My friends came with me to begin with, and although most lost interest, I kept going. My dad bought me a 5kg tub of mass gainer, and it came with a training programme – which I used for five years." He recently entered his first fitness modelling competition, and came fourth. Next up: the podium.

TREAT YOUR BODY LIKE A BUSINESS "Just like any kind of business, you should have a plan, and you need to think like a CEO. How are you going to get the best profits in the short term, and long term? Where do you see yourself in five years? Understand your passion – get to know your body and its own specific needs."

SUPPLEMENTS AND TRAINING PARTNERS WON'T DO THE JOB FOR YOU "In both cases, if you choose right they can help, but it all still comes down to hard work – and a good diet, of course." In Xavier's case, he trains on his own... no one else can keep up with him.

YOUR DIET SHOULD BE BASED ON LOW-GI PRODUCTS "Carbs are good for training, but you need to know which ones you should have, and when. Tuna with brown rice is my favourite meal."

FAVOURITE MOVE The bicep pyramid. Seven sets of 7 reps of bicep curls, starting at 60% of your max and working up to 90%, then gradually back down to 60%. "It gives your arms a powerful muscle shock."



Kyle Zieve, 22

IT STUDENT

Student, dancer, bartender, soccer player and surfer... Kyle's body is a result of constantly taking on new challenges.

TRAINING METHODS Body-building splits, four to five times a week, combined with soccer and surfing.

USE THE KISS RULE "People get complicated with their diets and their training, and I don't think it always works. Do some research to find a good plan – don't be clueless. Do the basics well and make training a habit, and you won't need to look for motivation. I hate seeing full gyms after New Year's, which then empty out because people don't see results quickly enough. Trust the process."
DON'T RELY ON OTHER PEOPLE "Finding a reliable training partner is like finding the Loch Ness monster. If you have to depend on them, they're a crutch."
TAILOR IT TO YOUR NEEDS "I don't do extra core or ab work because I find soccer and surfing provides enough of that. I focus on lifting heavy, and then have fun on the field or in the sea. And I don't believe in overtraining, as long as I'm training regularly, eating well and getting plenty of sleep."
DON'T KNOCK DANCING "I used to work as a dancer in a club, and it not only earned me a good living, it also helped build up my quads and obliques."
FAVOURITE MOVE The deadlift. "It not only builds muscle quickly; it also creates a V-shaped body."



Thabang Dladla, 23

FITNESS INSTRUCTOR

Gymnastic expert and a world champ in jump rope, Thabang is a pocket power-house who leads his clients and classes by example.

TRAINING METHODS Free weights, GRID at Virgin Active and gymnastics; four to five sessions a week.

MAKE THE RIGHT START "A lot of guys choose the wrong kind of training. Don't rush into it – rather find something you enjoy. And do a proper screening with a PT or biokineticist to see if you have any move-ment problems."
WARM-UPS AND COOL-DOWNS AREN'T GIVEN ENOUGH TIME "Not only are they crucial to help avoid injuries, they also speed up your recovery – but most guys don't do them properly. Do at least 5 to 10 minutes of each."
A SKIPPING ROPE IS A BRILLIANT TRAINING PARTNER "It's good for blood pressure, for improving your muscle endurance, coordination and cardiovascular stamina." Thabang would know: he was crowned Triple-Under Junior World Champ. Yup, that's right – *triple* unders.
FAVOURITE MOVES The human flag and muscle-ups.
FITNESS ROLE MODELS Lazar Angelov (lazarangelov.com) and Simeon Panda (simeonpanda.com).



Wim Grobler, 27

SALES REP AND GOLF COACH

It took four years of smart training and hard work to go from the old, unhealthy Wim – who weighed 113kg with 28% body fat – to who he is now.

TRAINING METHODS Five 45-minute sessions of bodybuilding splits with HITT per week, one outdoor activity on the weekend.

LIFTING CAN HELP ANY SPORT, INCLUDING GOLF "Golfers now do heavy lifts – squats, deadlifts and weightlifting. And not just to improve their drives, but for general performance too."
CONNECT YOUR WORK-OUTS WITH HAVING FUN "That's when I started seeing the best results. I trained with friends, and did research to find what exercises I'd enjoy. I also made sure I did one outdoor cardio session each weekend with friends, like trail running or mountain biking. It's always competitive and there's a bit of chirping, which makes it more enjoyable. If you make your lifestyle too strict, you'll burn out."
TOUCH YOUR BELLY BUT-TON DURING LIFTS "Your core should be activated in all the exercises you do, as you aim to suck your belly button in towards your spine. Check if your core is contracted by placing your finger on your belly button during the move."
SMALL CHALLENGES REAP BIG REWARDS "Stand while watching TV, park further away when visiting shop-ping malls and get off your office chair every hour. It all makes a difference."



Tim Skelton, 26

SATURATION DIVER

Skelton doesn't train to look good – he trains to stay alive and to earn a living doing one of the most dangerous jobs there is.

TRAINING METHODS On land, twice a day: HIIT sessions and weightlifting supersets. While diving: bodyweight sessions.

STRENGTH FOR FUNCTION, NOT VANITY "Diving is a dangerous job. You live off an oxygen-and-helium mix, which can become toxic down there. Your body gets tired much quicker be-cause you're not getting as much oxygen as you do on the surface, and you need to keep your heart rate down during the eight-hour shifts that you're on duty. You also have to watch out for embolisms."
YOU DON'T NEED A GYM TO GET FIT It's all in your mindset. Skelton lives in a hyperbaric decompression chamber, which is only 6m by 2m, with five other guys for 28 days at a time. His training solution? "I use a book called *Convict Conditioning*. It shows how to train like a prisoner, with no equipment, limited space and a focus on bodyweight moves. I even use the back of a staircase as a pull-up bar."
FAVOURITE MOVE A 25-minute bodyweight circuit. "You can use it as a warm-up for your heavy lifting too. It also gets you mentally prepped."

PHOTOGRAPHS BYRON KEULEMANS



Gordon Stevens, 32

PERSONAL TRAINER

After a tragic 9m, back-breaking fall, doctors said he'd never walk again. Now he's a real-life inspiration to his clients and anyone who is making their own comeback.

TRAINING METHOD HIIT, five days a week.

BELIEVE IN YOURSELF, EVEN WHEN NO ONE ELSE DOES During a break-in at his house five years ago, Gordon was assaulted by his attackers, and as a result of the fight he fell three stories. He broke his back in two places, both legs and nine ribs on his right side. He also lost a kidney, punctured a lung and was left in a coma. Once he regained conscious, he was told by doctors he'd never walk again. "But I found my faith, and surrounded myself with good people, and gave it everything I had." Not only is he walking again, he's training at the highest level and has become one of the most successful personal trainers in the country. He's also the trainer for fellow Cover Guy finalist Gee van Veijeren – and his results speak volumes for Gordon's abilities. "I see 12 clients a day now, and every morning I wake up feeling grateful that I'm not in a wheelchair." He also speaks at schools and public events, and runs a few charity initiatives.

FOCUS ON RESULTS AND BE GOAL-DRIVEN Gordon was a top fitness model and competitor before the fall. "I'm in better shape now, and I focus on training for life – both for me and my clients. Training can build up your self-worth if you do it right. Create specific goals that keep you working at your hardest."

"FITNESS IS DYNAMIC AND ALWAYS CHANGING, ESPECIALLY AS YOU GET OLDER. I'VE BEEN TRAINING FOR 25 YEARS... THE SECRET IS TO KEEP ADAPTING IT TO YOUR NEEDS. THAT'S WHAT KEEPS IT EXCITING"



Gee van Veijeren, 48

CREATIVE DIRECTOR

Gee may be the oldest in the group, but his physique puts most men half his age to shame. Here's his advice to building your best body at any age.

TRAINING METHODS Weightlifting, HIIT and supersets, five to six days a week.

TRAINING LETS YOU CONTROL THE OUTCOME "I started lifting at the age of 24. I was ambivalent about sports but training appealed to me. For the first time I could control the process – it was a private, empowering challenge. It was like I found myself. Fitness is only one facet of what and who I am, but it is something that I'll never stop doing."

MAKE YOURSELF RELEVANT "I inherited a watch from my grandfather and it means a lot to me. I changed the strap to update its look and make it more relevant today, and that's how I feel about training in my life: it helps keep me young and dynamic. It's a way to keep challenging and re-inventing myself."

FITNESS OF MIND, BODY AND SPIRIT "Training has its physical benefits, obviously, but it also keeps me stimulated mentally and I see it as an enabler. It helps me achieve all the various goals that I set for myself."

PLAY MIND GAMES IN YOUR TRAINING Gee tells himself in his sets that if he conquers his next mini-challenge, then he'll conquer that presentation in the boardroom later. "Playing mind games allows me to almost rehearse the business challenges that I'll face later, and that gives me the self-confidence that I'll achieve what I want to."

EXPERIMENT TO FIND YOUR NICHE "Thousands of people swear by weightlifting, but if you don't enjoy it, there's no point. I don't like cardio, so I find other ways to work on my conditioning."

EAT PROPERLY, BUT NOT OBSESSIVELY "Your training and diet plan shouldn't be about punishment. I don't eat white or processed carbs and I don't believe in cheat meals, but I try not be too strict."

HIRE A GOOD TRAINER "As you get older, using the perfect form gets even more important, and that's the main reason why you need a trainer. My trainer, Gordon Stevens, is also one of my fitness role models and is great at checking my form."

FAVOURITE MOVE Push-ups.



Enoch Mseleni, 27

NAVY DEFENCE FORCE

Enoch overcame a near drowning experience as a child to become the first line of defence in our Navy. Here's how he built his sailor's body.

TRAINING METHODS Standard SA Navy training and his own sessions, four times a week, plus trail running.

TRAIN FOR YOUR BODY SHAPE "I'm careful about what I do in the gym – I don't want to become any wider or heavier than I am now for my height. I don't do heavy weights, I aim for more reps and perfect form. I want to be functionally strong, and I focus mainly on calisthenics. Decide on your goal body, and then work towards it using the right methods."

MUSIC IS MY TRAINING PARTNER Whether he's in the gym or running trails up Devil's Peak, Enoch takes his performance soundtrack with him. "It helps keep my energy and motivation up, and is a great way to ensure continuous effort – that's what I think is key."

CHOOSE THE RIGHT MOVE TO WARM UP "The first thing I do is pull-ups. It's the perfect warm-up tool for me, and it works as my mental adjustment move to get me primed for the session."

ENJOY IT FIRST, THEN FOCUS ON RESULTS "Make your workouts a hobby, and the results will follow." Now Enoch is training for his next challenge: a 42km trail race.

FAVOURITE MEAL "I love salads, and they must be packed with protein. I'm very selective about what I eat – I steer clear of bread, rice, fruits and anything with too much sugar."

FAVOURITE MOVES Anything arm-related, like bicep curls and hammer curls.



Dino Chizinga, 27

SALES CONSULTANT

Dino has many goals and challenges for his fitness, but there's one that's more important than any others: to be the ultimate role model for his one-year-old son.

TRAINING METHODS
Bodybuilding splits and home training, three to four sessions a week.

HAVING NO TIME IS NO EXCUSE "I've got a busy job that includes lots of travelling, but I still make sure I get my training in, whether it's at a gym or at home. I use Mike Chang's workout to do my home sessions – just the basics with a pair of dumbbells, but I make sure I cover all the muscle groups. Every bit counts, even 20 minutes at high intensity goes a long way."

START WITH YOUR LEGS "That's where all your biggest muscle groups are, and where you can build the most muscle quickly. It gets your hormones going and speeds up your metabolism, and it's where I see most of my gains."

PACK YOUR LUNCHES "My wife helps with my lunchbox prep in the evening, which helps to keep my diet clean (and save me money). I also use a protein shaker, as a good protein recovery shake is a perfect meal for when I'm in a rush."

IT'S NOT JUST ABOUT LOOKS "A great body is a byproduct of being healthy. And good health means I have more energy and can spend more time with my son."



Rudi Witkowsky, 25

AUDITOR AND TRAINER

A man of many skills, Rudi is a potent obstacle racer, calisthenics specialist, cyclist, Sweat1000 instructor, surfer and a chartered accountant – and he's just getting started.

TRAINING METHODS
Four training sessions a week, plus a run, cycle or surf on the weekend.

RATHER START GRADUALLY THAN WITH TOO MUCH INTENSITY "Have specific goals in mind and keep it positive. You should be able to maintain it easily; balance is everything. And if you can, go with a friend or partner – it makes you more accountable."

MASTER YOUR BODYWEIGHT "If you want to lift with good form and avoid injuries, do weights-free moves until you can lift your own bodyweight easily and with perfect technique."

DO COMPOUND MOVES IF YOU'RE STRAPPED FOR TIME "You can fit more HITT sessions into your training plan if you steer clear of isolated moves."

THE WORKOUT BURNER "Add rope climbs, a 100m sprint or 500m row between lifting sets."

CHEAT ON THE WEEKEND... "...but then start Monday with a clean diet. It sets you up for a good week of training and eating."

FAVOURITE MOVES
Handstand walks and toes-to-bar. "Both activate your core and work your shoulders."



Ignus Campher, 27

GRAPHIC DESIGNER

A serious knee injury sidelined a promising rugby career at wing, but now Ignus is a lighter, faster trail runner and obstacle race winner.

TRAINING METHODS
Weightlifting, bodyweight exercises, knee rehab and trail running.

FRESH-AIR FITNESS IS HARD TO BEAT "I prefer being outdoors. I love camping, hiking and trail running – but I don't like road running. With trail running, every experience is different and the scenery makes it all worthwhile. It also means races aren't a slog, and time spent on the trail passes quickly."

DON'T STICK TO ONE KIND OF TRAINING "Mixing it up keeps it fresh and you get different kinds of benefits. Obstacle racing offers something different, and it's a total body challenge that requires a lot of bodyweight strength." Ignus won his first race as a rookie in the Warrior series.

SHOW, DON'T TELL "I focus on technique before increasing the weight in my lifting, and if I don't know the right kind of form for a move, I'll ask someone to show me instead of just describing it to me. I learn much quicker that way, and it's easier to see the correct technique."

THE KNEE RECOVERY TOOLS "My physio recommended two moves that I do every two days, and they've rebuilt my leg strength: single leg step-ups and pistol squats."

FAVOURITE MOVES Barbell bicep curls and tricep pulldowns.

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Real-Life Success Story

Couches (Almost) Killed the Radio Star

Sports anchor Ben Karpinski was living the good life – until he became skinny fat. Here's how he made his comeback

BY ARTHUR JONES
PHOTOGRAPHS ALEXIS FOTIADIS



IT PAYS TO BE STRICT
The combination of heavy weights and faultless form yields big rewards

MOOBS. SKINNY FAT. #DADBOD. WE'VE GOT SOME REALLY UGLY names for some even uglier fitness and health problems that plague the modern man. Guys these days have less time but more pressure to get the balance right between work, family and training time. And what makes it worse is that the older we get, the more we fight: it's not just timetables and meeting requests anymore, now it's sliding metabolisms. But there's a solution – good old-fashioned hard work, and the right training regime. We extended a 12-Week Challenge to three famous, and incredibly busy, DJs and broadcast journalists across different stations and media, and only one stuck to the programme right to the end. Obviously, he's also the one with the most physical (and mental) rewards for his effort. This is the story of how Ben Karpinski lost the weight, regained his health and took charge of his life. And all he needed was a plan.



The 12-Week Challenge Results

WEIGHT 85.1KG – 81.7KG	**PULL-UPS** 6 – 11
BODY FAT 14.9% – 10.8%	**1RM SQUATS** 90 KG – 120 KG
MUSCLE MASS 51.3% – 59%	**1RM DEADLIFT** 60 KG – 140 KG
PUSH-UPS IN 1 MIN 39 – 52	**1RM BENCH PRESS** 70 KG – 110 KG
PRONE BRIDGE HOLD 85 SECONDS – 141 SECONDS	**BLEEP TEST** LEVEL 9.4 – 11.1
SIT-UPS IN 2 MIN 38 – 54	**VO2 MAX** 44.4 – 50.2

The Decline

"2014 was a big year for me," Ben begins. "I joined the exciting world of unrestricted radio with the CliffCentral morning show, enjoyed some memorable travel opportunities, drove some incredible cars and covered a whole bunch of sports action though my blog. My sporting life in media terms had never been better, but in a physical sense, it was anything but sporty. I'm up at 4:45am for the radio show, so my days are pretty long, and I often end up on the couch in the afternoons. With a beer." He was, in other words, just like too many typical South African men. He'd always been a relatively athletic person, but as the candles on his birthday cakes increased, so did his body fat. His muscle and definition slowly disappeared, and he quietly became one of those ugly hashtags. "I started to feel featureless. I'd become the definition of skinny fat: relatively slight in stature but getting a bit on the flabby side."

His solution to reverse the slide? Roark Gyms in Joburg, and in particular Reinhard Nel, head coach and general manager. "Bodyweight exercises, like push-ups, pull-ups, dips and burpees, rule at Roark, along with bench presses, deadlifts and squats," Ben explains. "I was suddenly spending a lot of time with an altogether different kind of bar, and just to make sure my 'new body' was well rounded, a great deal of explosive interval type cardio too." He also learnt six life lessons that can help any man build muscle, regardless of their age or work schedule.



1/ Aim for Performance, Not a Six-Pack

"Ben showed great improvement across the board, and ultimately that's what we strive for at Roark," says Nel. "His increased performance in basic strength and endurance led to aesthetically pleasing results as well." But there was more. Ben wasn't just stronger, and didn't just look and feel better, he also performed better in the sports and hobbies he loves. "The transferability definitely shows in how far he drives a golf ball now," says Nel.

2/ Lose the Ego

Nel says there are two major obstacles for men and their progress: pride and impatience. "Most guys don't take into account how long they've been neglecting their training and living an unhealthy lifestyle," says Nel. "In a world of instant gratification everyone wants results now, but small percentages add up over time and steady progress leads to more sustainable results in the long run." There's no point in focusing solely on the exercises you feel comfortable with or are good at. "Most guys love being 'advanced' in some movements but hate being a 'beginner' at others. What we try to teach at Roark is that standards are standards. Be honest when assessing your abilities or find someone that will do that for you, and realise that progress comes through focus, patience and consistency," says Nel.

3/ Food is Your Friend

"I'd slipped into some bad eating habits in the past couple of years, mostly to do with sugar, and that was something I had to address. Rather than getting a dietician to prescribe a diet for me, I decided to create one of my own – something I could implement into my daily life and maintain after the challenge. I adapted it over the weeks and tweaked it here and there, but it essentially came down to cutting out carbs, adding loads of different protein sources and incorporating vegetables as much as possible. So I dropped fruit and bread, drank loads of water, and limited sweets and chocolates. I wasn't prepared to go totally Spartan with too many things, but cutting out sugar was a big deal and made me feel a lot better each day."



Coach's Conditioning Standard: 1km Row

TIME: 3:57 TO 3:23

"Keeping up the intensity over 12 weeks wasn't easy, so I created a couple of small challenges. This one was my favourite, as it's a full-body exercise that combines strength and stamina, plus a lot of mental strength. It's a bit longer than an all-out sprint but short enough to give it your all. It's also a great reference point for where you are with your training. My start and finish times were worlds apart, and every element of my training played a part in that improvement."

4/ Cardio Alone Doesn't Cut It

"Any serious cardio endeavours would cut the fat, but just leave me skinny," explained Ben. He needed to lift weights again, and that's exactly what was prescribed at Roark. "Luckily Ben is a natural athlete so once we worked on his technique and got him moving correctly, his strength increased significantly, and his numbers of before and after are a testament to that," says Nel.

5/ Psychological Before Physical

That is Roark's core philosophy. "What we mean by this is, concentrate on becoming better internally. Focus on the process and enjoy the journey and challenges it brings," explains Nel. "If you win the psychological battle with yourself when things get hard, all the physical and aesthetic benefits follow." And that's exactly what Ben did – he battled through the tough times, especially in weeks seven to 10, but it became easier and more enjoyable. "By the time week 10 rolled around, not only was I stronger, but I was mentally tougher too. With each new session I was hitting new highs, lifting heavier and better, racking up the reps and pushing through thresholds. With that the physical changes were becoming more and more evident, it was incredible where the challenge had suddenly taken me to, and come final assessment time, I had something to really be proud of."

6/ It's Not About the 12 Weeks

"For many, these 12-Week Challenges are cool to spice up guy's Instagram profiles, or provide some Tinder ammo, but the process I went through really taught me some valuable long-term lessons. The nature of my training was to create functional strength, with nutrition to back this up. Being strong for life is something I see as a basic requirement rather than just a specific time-based challenge, and the groundings I've received over these 12 weeks are invaluable to me. We're all completely capable of doing something meaningful with our bodies, but all too often we think an occasional 5k run and switching to light beer is enough. Have a go at pushing yourself a little harder, and you'll be amazed by what you can suddenly add to your life."

THE ROARK WORKOUT

TOUGHER SETS, BIGGER GAINS

"The main principles: develop a solid foundation with basic pulling, squatting, pressing and bodyweight movements and from there build intensity and load as long as form is faultless," says Nel. "We focused a lot on correct movement and making sure the primary muscles were firing. Ben probably heard cues like 'fire the glutes', 'tuck your ribcage' and 'elbows in' in his sleep after his first two weeks. The load on the weighted movements was dependent on where he was at, but the main principle was to keep building while maintaining sound form." For conditioning, Ben was put on a rower, ski-erg and Airdyne. "This routine is not too technical, doesn't pound the body with impact, and allowed Ben to push his mental limits at every stage of the process. He probably felt it most when he did the Triathlon: ski-erg 500m, Airdyne 40 calories, row 500m; the standard is sub-5 min. A big factor was that he trained in an environment with like-minded people, where everyone pushes their perceived mental and physical barriers, irrespective of their fitness level."

DIRECTIONS

Start with a daily warm-up of 60 seconds' easy pace on the Airdyne, rower and ski-erg each to elevate heart rate and core temperature and get the body moving, followed by some more specific movements depending on the primary exercises of the day. ***Some examples:***

- 2 sets of 10 glute bridge while squeezing slam ball between knees
- 2 sets of 5 deadbugs (each held for 5 seconds)
- 2 sets of 5 plate squats
- 2 sets of 10 banded rows
- 2 sets of 5 single leg kettlebell deadlift (on each leg)
- 2 sets of 5m bear crawl (forwards and backwards)









MONDAY

1/ Deadlift + Broad Jump Work up to a heavy deadlift, then: 6 sets of 2 reps at 80 to 90% of your max deadlift. Follow each deadlift with 3 broad jumps for max distance; reset after each jump.

2/ Row/Ski-Erg Set the rower or ski-erg to 30 seconds of work and 90 seconds of rest, where you do 10 plank pulls or inverted rows. Do 15 rounds. The goal is to go up by one metre each round. It's important to start at the right intensity. The fifteenth round is all-out effort.

Beginner: start at 146; end at 160
Intermediate: start at 156; end at 170
Advanced: start at 166; end at 180

TUESDAY

1/ 10-Minute Push-Up Test Every 15 seconds for 10 minutes, do as many perfect push-ups as you can. It's pointless doing 10 in the first few sets and not being able to finish. Find a balance – 2 to 5 reps work well, 5 will get you to 200 push-ups.

2/ Circuit Complete the following circuit in 10 minutes:
- 30-calorie row
- 30 kettlebell swings
- 25 ball slams
- 25 calories on Airdyne
- 20 burpees
- 20 goblet squat
- 10 toes-to-bar
- 10 pull-ups

3/ Repeat After a 5-minute break, you have 25 minutes to complete 2 rounds of the above

WEDNESDAY

1/ Superset 8 sets of:
- 10 barbell rows
- 5 chin-ups
- 20 bent-over raises.

2/ Interval Weight Training
- 7 hang-power clean at 60% of your 1-rep max
- 2-minute row aiming for 520m/550m/600m

Do 3 rounds. Rest 2 min between each. Rest additional 3 min after last round, then move on.

3/ Circuit 3 rounds of:
- 10 deadlift at 50% of your 1RM
- 10 burpee box jumps
- 1 min ski-erg at 260m/280m/300m

Rest 2 min between rounds.

THURSDAY

1/ 10-1-10 Bench Press + Push-Up Ladder Start with 10 bench presses, 1 push-up and another 10 bench presses. Then do 9 bench presses, 2 push-ups, and 9 bench presses. Follow the ladder all the way to 1 bench press and 10 push-ups, then go back up the ladder to the start.

2/ Team Ski Relay 10 000 metre ski relays in teams of four. Each member must do 20 pulls each time, working at an intensity of between 80 and 90% when pulling.

FRIDAY

1/ 3 Cluster Squats

First cluster:
- 2 front squats at 90/70/50
- 2 back squats at same

Second cluster:
- 3 front squats at 80/60/40
- 3 back squats at same

Third cluster:
- 5 front squats at 70/50/30
- 5 back squats at same

2/ Roark Sprint (3 rounds for time):
- 10 push-press at 25/30/40
- 250m ski/row
- 10 burpee pull-ups

SATURDAY

1/ Screw You Saturdays

8 rounds of:
- 10 kettlebell rack hold step-up
- 8 pull-ups
- 6 ball slams
- 4 pull-ups

2/ Triathlon to Hell

Ski-erg:
500m/400m/300m/200m/100m

Airdyne:
50/40/30/20/10cals

Row:
500m/400m/300m/200m/100m

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POWER UP

Two common fitness questions, two experts to answer them… It's time to charge through your training challenges

Q "I DO A LOT OF DIFFERENT KINDS OF TRAINING, AND SEEM TO SWEAT AT DIFFERENT RATES. IS THERE A 'NORMAL' AMOUNT? HOW DO I KNOW IF I'M SWEATING TOO MUCH?"

DR AMANDA CLAASSEN-SMITHERS: Your sweat rate and the amount of electrolytes lost in sweat differs from person to person and depending on the activity – so weigh yourself before and after exercise to become familiar with your hydration needs. Each kilogram of weight lost after exercise is typically equated to one litre of fluid lost. It's recommended that athletes prevent more than two to three percent weight loss because sweat loss above this level is likely to negatively affect performance and you'll risk the development of more serious dehydration sideeffects. Post-exercise, a combo of "normal" food and drinks should suffice to replenish lost fuel and fluid stores and aid recovery. If you are dehydrated and need a more rapid recovery rate, aim to drink 1.5 times more per kilogram lost. The addition of sodium to food and/or electrolytes added to drinks could assist with more rapid recovery, as it stimulates thirst and helps with fluid retention.

Q "SOMETIMES I FEEL LIKE I REALLY KICKED ASS AT GYM, AND OTHER TIMES I JUST FEEL FLAT. HOW CAN I MAXIMIZE EACH AND EVERY SESSION?"

TIM GOODENOUGH: While a lot of thought goes into a great training session, what's interesting is how often the posttraining process doesn't receive the same focus: the cooldowns don't have the same precision; recovery methods (hydration, ice-baths, compression garments) aren't used or aren't used correctly. There is a growing area of expertise on the science of recovery, and if you're serious about your goals and achieving value in your training it's an important investment to get educated and be as diligent in your posttraining as you are pre-training. Get serious about recovery and you'll gain the competitive edge.

YOUR PERFORMANCE EXPERTS



DR AMANDA CLAASSEN-SMITHERS
A REGISTERED DIETICIAN AND EXERCISE SCIENTIST (PHD), CLAASSEN-SMITHERS RUNS A PRIVATE PRACTICE/CONSULTANCY SERVICE, WHERE SHE WORKS WITH INDIVIDUALS AND TEAMS FROM RECREATIONAL TO ELITE LEVEL, AS WELL AS CONSULTING ON HEALTH AND WELLNESS TO CORPORATES. SHE'S CHAIRPERSON FOR THE ADSA SPORTS NUTRITION INTEREST GROUP AND AN EXTERNAL LECTURER AT UCT AND STELLENBOSCH UNIVERSITY



TIM GOODENOUGH
A CERTIFIED META-COACH, GOODENOUGH HAS QUALIFIED AS BOTH A TRAINER IN NLP AND NEURO-SEMANTICS. HE WAS THE FULL TIME MENTAL COACH FOR THE SHARKS IN THE 2008 SUPER 14 COMPETITION. HE HAS ALSO WORKED WITH SA HOCKEY, IRISH MEN'S AND WOMEN'S HOCKEY AND THE INVESTEC INTERNATIONAL RUGBY ACADEMY. HIS PRIVATE CLIENTS INCLUDE BOTH OLYMPIC ATHLETES AND PRO-GOLFERS AND VARIOUS OTHER SPORTS

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ION4 ADVANCED MINERAL SYSTEM
POWERADE

30 Minutes of Hell

This workout will hit every muscle you have. Are you fit enough to finish?

BY KELSEY CANNON / ILLUSTRATION +ISM



DESIGNED BY
Jason Hartman, former strength and conditioning coordinator for the US Olympic Committee

BEST FOR
Revving metabolism, incinerating fat, boosting cardiovascular stamina, and packing on lean muscle all over

EQUIPMENT
Pull-up bar, kettlebell

KILOJOULES BURNED
2 351*

TIME 28 to 32 minutes

*As measured by a fit 187cm, 84kg man using a Polar M400 heart rate monitor

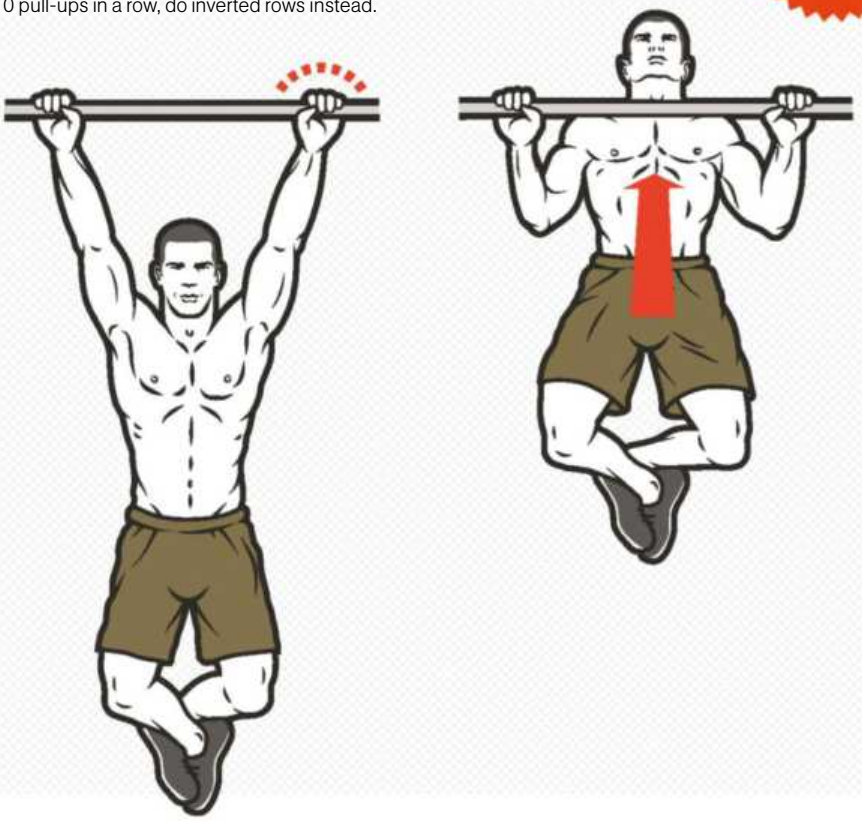
DIRECTIONS
Do 10 reps of each exercise in Circuit A back-to-back. Repeat, this time doing 9 reps per exercise, then again doing 8 reps. Now do 1 round of Circuit B (60 seconds per move). Do 3 more rounds of Circuit A in countdown fashion, with 7, then 6, then 5 reps per move, followed by another round of Circuit B. Complete 4 more rounds of Circuit A, counting down to 1 rep per move in the final round. End with 1 round of Circuit B. Rest only as needed.

CIRCUIT A

1/ Pull-Up

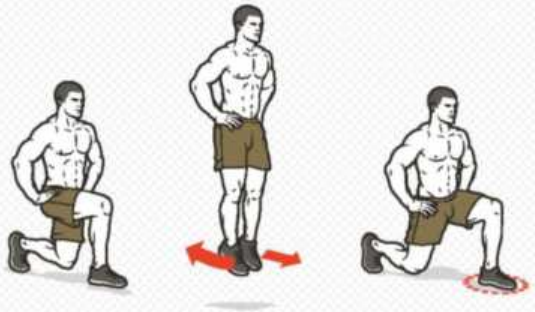
WORKOUT OF THE MONTH

Hang at arm's length from a pull-up bar (a position known as a dead hang) using an overhand grip that's slightly beyond shoulder-width. Pull your chest to the bar, squeezing your shoulder blades together. Pause, and then slowly lower your body back to a dead hang. If you can't perform 10 pull-ups in a row, do inverted rows instead.



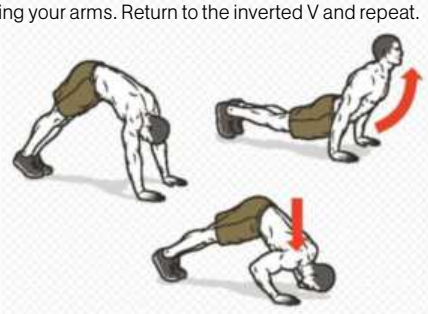
2/ Split Squat Jump

Step forward with your right foot and lower your body into a lunge position. Jump up explosively, switching leg positions in midair. Land with your left leg forward. Alternate legs with each jump.



3/ Dive Bomb Push-Up

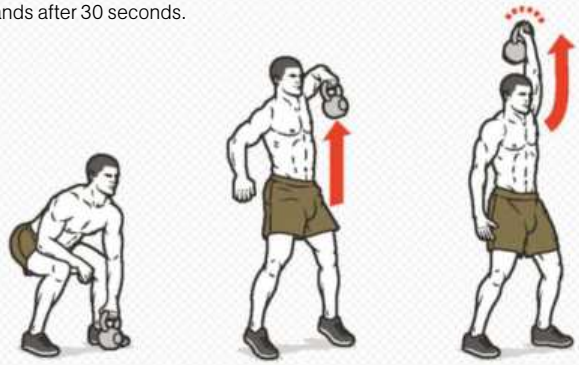
Assume a push-up position, lifting your hips to form an inverted V. Lower yourself until your nose nearly touches the floor. Pull your body forward, straightening your arms. Return to the inverted V and repeat.



CIRCUIT

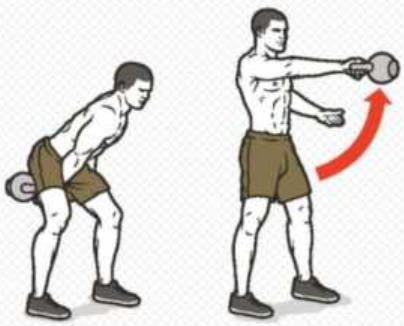
1/ Kettlebell Single-Arm Snatch

Spread your feet slightly beyond shoulder-width and use one hand to grab the handle of a kettlebell resting on the floor. In a single move, try to throw the weight at the ceiling (without letting go). Keep the kettlebell close to your body, allowing your forearm to rotate up and back as you bring yourself under the weight. Lower it to the floor and repeat. Switch hands after 30 seconds.



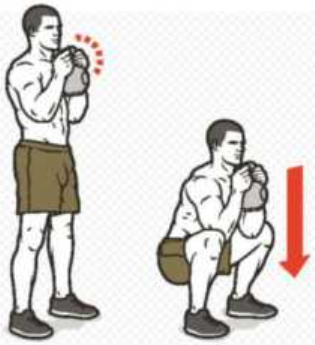
2/ Kettlebell Single-Arm Swing

Spread your feet slightly beyond shoulder-width and use one hand to grab the handle of a kettlebell on the floor in front of you. Push your hips back as you swing the weight between your legs and up to chest level. Continue swinging. Switch hands after 30 seconds.



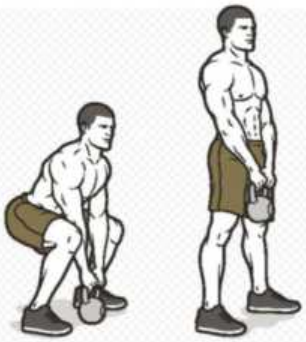
3/ Kettlebell Goblet Squat

Hold a kettlebell by the sides of its handle in front of your chest. Brace your abs and lower your body as far as you can by pushing your hips back. (Your elbows should brush the insides of your knees.) Pause, stand up and repeat.



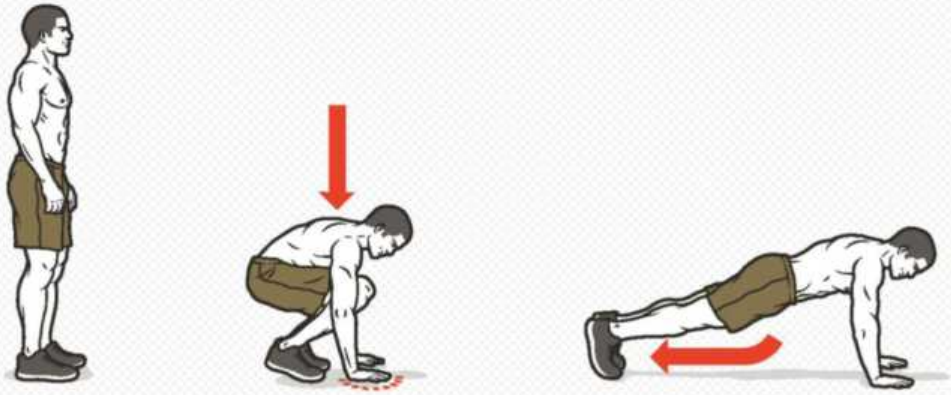
4/ Kettlebell Deadlift

Spread your feet slightly beyond shoulder-width, push your hips back, and use both hands to grab the handle of a kettlebell resting on the floor. Stand up, thrusting your hips forward. Pause, lower the weight back to the floor and repeat.



5/ Burpee

Stand with your feet shoulder-width apart. Push your hips back, bend your knees, and squat down, placing your hands on the floor. Quickly kick your legs back into a push-up position. Reverse the move to return to the starting position. Want to increase the challenge? Add a push-up to each rep.



CRUSH EVERY WORKOUT
PRIME YOUR MUSCLES FOR ACTION

DRINK SOME JAVA
"Caffeine excites your nervous system and extends your time to exhaustion," Hartman says. "Drink coffee 30 minutes preworkout."

WARM UP
Do jumping jacks and high-knees until you start to sweat. "Your cardio system is now ready for the demands of training," says Hartman.

PUMP YOUR JAMS
Listening to uptempo tunes for 90 seconds before exercising may help improve your performance, say UK researchers.

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Your marching orders: step it up on your rest days, and you too will be this ripped

Beginner's Guide

Recovery

Muscles don't grow during workouts – they grow between them. Follow these tips to recover faster, gain strength quicker and pack on more lean mass

BY KELSEY CANNON
PHOTOGRAPH TREVOR REID

THE FUNDAMENTALS

DROP AND ROLL

As soon as you finish your workout, grab a foam roller – our pick: Grid Roller ***R360, gymconcepts.com*** – and give each muscle group five rolls. You'll not only increase bloodflow but also break up knots, boosting mobility and power, says Brad Schoenfeld, certified coach and author of *The M.A.X. Muscle Plan*.

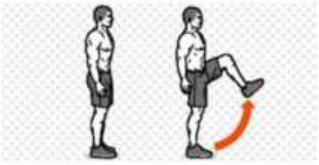
REDEFINE REST

Allow 48 hours between workouts to optimise recovery, but don't just sit around. "Doing light activity on rest days accelerates repair by cycling key nutrients through your muscles," says Schoenfeld. See "Feed Your Gains" to take in more of your most critical nutrient: protein.

HIT THE SACK EARLY

"Your body produces its highest levels of growth hormone while you sleep," says Schoenfeld, "which helps remodel your muscles into stronger versions of themselves." Scientists think skimping on shuteye can increase muscle breakdown and inhibit protein synthesis. Log at least seven hours a night.

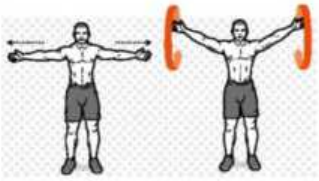
YOUR OFF-DAY WORKOUT



1/ Walking High-Knees
Stand tall with your feet shoulder-width apart. Raise your left knee as high as you can and take a step. Repeat with your right leg. Walk 10 metres, turn around and walk back.



2/ Lateral Shuffle
Stand with your feet just beyond shoulder-width. Push your hips back and lower your body (keep your hips slightly higher than your knees). Shuffle 10 steps right and 10 steps left.



3/ Arm Circles
Hold your arms straight out to your sides, palms forward. Start by making small circles and progress to larger ones. Do 10 circles forward and then 10 circles backward.

FEED YOUR GAINS



Consuming at least 20 grams of whey protein after a workout can kickstart recovery, reports the *American Journal of Clinical Nutrition*. Sick of shakes? Pack a chicken and cheese sandwich on wholegrain bread. "It has the optimal mix of protein and carbs to stimulate muscle growth," says nutrition expert Professor Mike Roussell.

PHOTOGRAPH TREVOR REID ILLUSTRATIONS +ISM

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BEAT THE SLUMP



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Ref 1. Garfinkel L, Garfinkel D. Magnesium 1985;4:60-72. 2 . Albion Research Notes 1997;6(1). SO Slow-Mag® Tablets. Each enteric coated tablet contains magnesium chloride 535 mg (equivalent to 64 mg elemental magnesium) H/24/89. Slow-Mag® Caps. Each capsule contains magnesium amino acid chelate 450 mg (equivalent to 45 mg elemental magnesium). Slow-Mag® Fizzy. Each Effervescent tablet contains elemental magnesium 172 mg and Vitamin C 150 mg. For further information, refer to the package insert approved by the Medicines Regulatory Authority. Merck (Pty) Ltd. Reg. No. 1970/004059/07. 1 Friesland Drive, Longmeadow Business Estate South, Modderfontein,1645. Tel. (011) 372-5000, Fax. (011) 372-5252. SM.04.13.007, Report adverse events to drugsafety@merck.co.za or +27 11 608 2588 (Fax line).



The Belly Off! Club

Testosterone Turnaround

Jannie Coetzee sidestepped heart disease and kickstarted his metabolism by cleaning up his diet

BY ARTHUR JONES / PHOTOGRAPH CASEY CRAFFORD



AGE
48

LOCATION
Brackenfell, Cape Town

OCCUPATION
Managing director

HEIGHT
1.90m

WEIGHT BEFORE/AFTER
132kg / 105kg

TIME TO GOAL
9½ months

The Gain / I started gaining weight gradually in 2011, and it led to me being diagnosed with high blood pressure (seldom below 150/90) and a high cholesterol level of 8.2. I regularly visited my doctor, who is also a good friend of mine, and each time had to leave his office with stronger medication and fear of serious cardiovascular disease. My body weight had shot from 101 to 132kg. In 2014, at the age of 47, I felt constantly tired and out of breath, and had no drive whatsoever.

The Change / In October 2014 my wife, Sonika, and I visited a friend of ours, who had an orchard filled with fruit trees. I love fruit, and ate a lot of it there, and my wife caught it all on camera. My friends and family loved the pics, but there were lots of comments about how big I'd become. I didn't know I was being photographed, and hadn't sucked in my stomach. It was high time for a change.

The Strategy / At the age of 47, I started researching new ways of eating, as my body wasn't producing the same levels of testosterone as it had when I was younger. I was convinced I could lose weight without training. At this point I was so overweight that I had constant pain in my knees, especially when I tried to do any kind of cardio exercise. I was out of breath **just walking up stairs[1],** and soon I realised I was in a worse position than I thought. It was clear I had to get my **testosterone levels[2]** back up in order to lose the belly and that sit-ups and weight training alone, although good, wouldn't give me the desired results. I had to avoid certain food types that prevented me from burning and losing fat. The leptin-controlled diet I created made it possible for me to still eat the food my body required, and the food prepared in my kitchen started tasting like food from a five-star restaurant. I added **green tea to my morning drinks[3]** and had several cups of these during the day. I completely gave up on bread (which also put an end to margarine) and stopped drinking alchohol. I started **snacking on almonds[4]** and used meditation and self-hypnosis to prepare my mind for the journey ahead. For me to achieve my weight-loss goals I had to change the way - and times - I ate. I started to eat only three times a day, and chewed slower than before, as I discovered by doing so would make me feel fuller, sooner.

The Reward / By December 2014 I had people nagging me to reveal my secret. I could actually feel the fat burning even while I was sleeping. Since then, I haven't gained any weight and have lived a much healthier and happier life. I've also created a training plan to revive the muscles I once used for sport.

The Result / In three-and-a-half months I lost 27kg and have managed to keep it off. I dropped from a waist size of 42 to 36. My blood pressure is stable and my cholesterol came down to 5. I'm currently working on a six-month training programme to build a beach-ready body, and I'm busy with a book on my journey to better health. Losing the weight was only part of my journey. My wife and children inspired me to keep going, and now the whole family is into health and fitness.

4 LESSONS TO LEARN

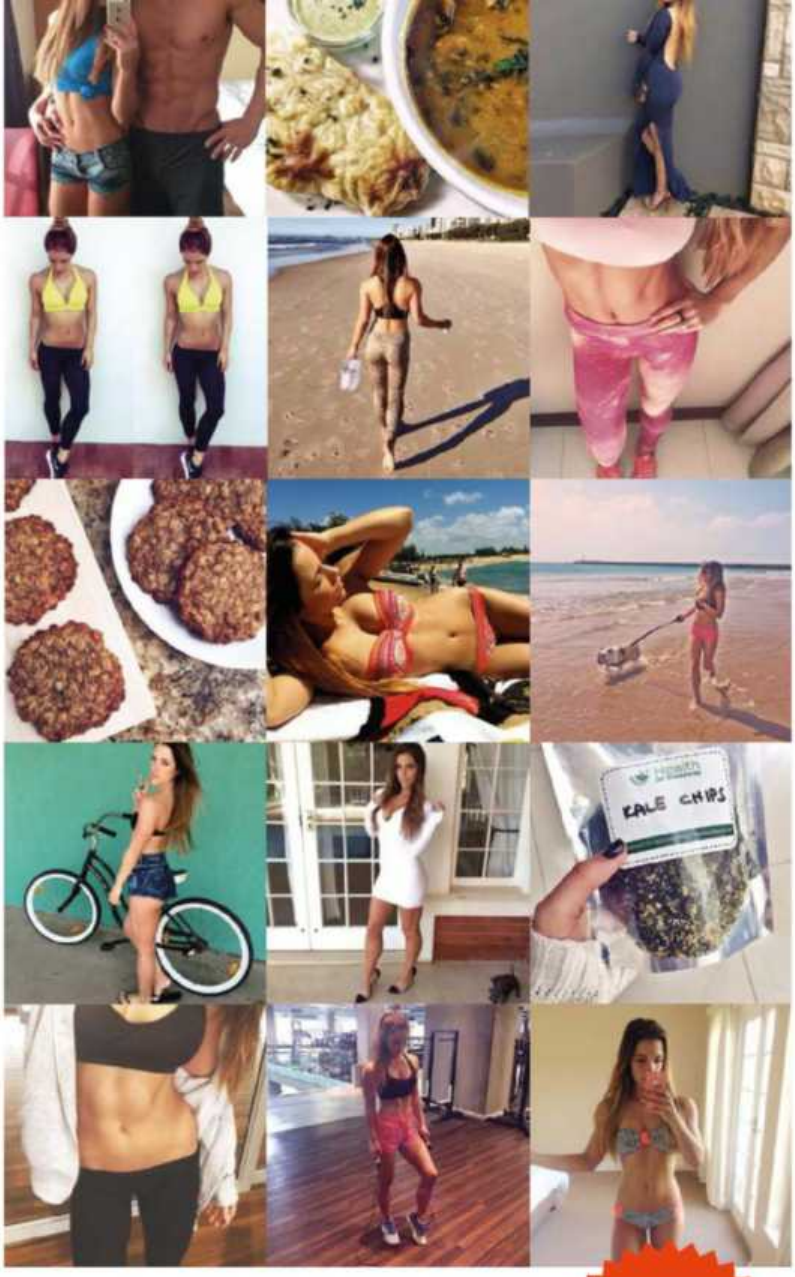
1. Skipping the lift can help you avoid heart attacks, and lower your mortality rate, according to Duke University.
2. Anything lower than 300 nanograms per decilitre in testosterone levels warrants expert help.
3. Green tea improves blood flow and lowers cholsterol, according to Dr David Kiefer.
4. 45g of almonds provides 10g protein, 10g carbs, 23g healthy fats and a total of 1 133 kJ.

We want to hear your weight loss and personal success stories! Email us at tellmh@media24.com. The next winner earns a Reebok RealFlex apparel hamper worth R3 000, including groundbreaking running shoes that deliver a "sock-like" feel and promote natural movement. Visit reebok.co.za for info.



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The Fitter Sex

A Taste of the Good Life

@healthygirl_with_a_sweettooth
Followers: 20 800

Andene Horne is a digital health phenomenon – follow her to find the best food and fitness tips

BY ARTHUR JONES

SHE DOESN'T LOOK LIKE IT, BUT ANDENE HORNE LIKES SWEET STUFF. THROUGH HER Instagram feed and popular blog, *Healthy Girl with a Sweet Tooth* (healthygirl.co.za), she provides healthy food ideas and recipes that don't taste like cardboard. She's also the better half of a power couple, as her husband is *MH* cover model Dale Horne, and we featured them as South Africa's fittest (and hottest) couple in our February 2015 issue. She may have more female followers than male, but there's no reason why you can't benefit from her nutrition and fitness ideas. She's a smart athlete, with a fitness modelling background, and her high-paced training is a potent combination of High Intensity Interval Training (HIIT) paired with weights, 5 to 10km runs, yoga and Pilates. Read on for her fitness and food tips.

SHE SAYS

1/Don't complicate things. What works best is sticking to basics. Remove processed foods and refined sugar from your diet and include natural, wholesome alternatives like lean protein, fruit, vegetables, good carbs and healthy fats.

2/There isn't one training routine or nutrition plan that works for everyone. I can't stress enough how important it is to listen to your body. Trial and error, coupled with patience, is key. Try out a few methods and pay attention to how your body feels and what results you end up with. Your secret weapon is doing what makes you happy.

3/Start a habit; fight negativity. The hardest part is getting yourself into the gym. Once you get over that hurdle, and then force yourself to go again, before you know it, exercising will be a daily habit that you won't be able to live without. You'll notice how the quality of your life is enhanced and how incredible you feel as all your obstacles disappear. If it's not a habit, it can be easy to develop a negative mindset. I see many people who convince themselves that they can't, make excuses and begin to lose their self-confidence, creating a vicious cycle which is difficult to get out of. Being positive about getting into shape and healthy eating is one of the best things that you can ever do for yourself.

4/Healthy doesn't mean tasteless. There's so much that you can do to a healthy dish simply by adding some spices, herbs, olive oil, lemon and a little garlic. My biggest secret when it comes to eating healthy and tasty food is to be creative; think outside the cereal box.

5/Nothing worthwhile happens quickly. We live in a world that craves instant gratification. People expect to have incredible results in a short period of time and they are willing to do whatever it takes to get there. When it comes to getting into shape, there are no quick fixes.

HER FAVOURITE MOVES

SQUATS AND PLANKS

Both of these exercises help build a solid foundation. Squats can be done in many variations (so you'll never get bored), they help build core strength and, importantly, they develop a toned butt and legs. Planks are amazing for your core, and if you have a strong core you'll enjoy more effective workouts and a drastically reduced risk of injury.

TRY HER RECIPE

HEALTHY GIRL PROTEIN DELIGHT BALL



WHAT YOU NEED:

- **1 TBSP** RAW CACAO POWDER
- **1 TBSP** NATURAL/SUGAR+SALT-FREE PEANUT BUTTER
- **1 SCOOP** CHOCOLATE WHEY PROTEIN POWDER
- **½ CUP** ROLLED OATS (GLUTEN-FREE IF POSSIBLE)
- **1.5 TBS** OF COCONUT OIL (MELTED)
- DESICCATED COCONUT (FOR ROLLING)

HOW TO MAKE IT:

Place the raw cacao, peanut butter, whey protein and oats into a mixing bowl. Mix all ingredients together, either using a spoon or your hands, then add the coconut oil. This will help the mixture stick together and keep it moist. Roll mixture into 6 to 8 balls. Place the desiccated coconut onto a side plate and roll each ball in it. Place balls in an airtight container and refrigerate for 20 to 25 minutes. Once they're solid, eat them (preferably not all at once). ***Makes 6 to 8 balls***

O&M CAPE TOWN 82217/E



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up to 30% made from plants
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Best Exercise You're Not Doing

The Core Combo

THE MOVE OF THE MONTH

Build strong, ultra-defined abs in four weeks with this intensive core move. Broad shoulders will be your added bonus

BY KATHY BROWN / PHOTOGRAPHS CASEY CRAFFORD



1/ Starter's Orders

Express abs coming up. Assume a regular push-up position with your feet shoulder-width apart. If you have trouble holding this position throughout, drop onto your elbows. Tighten your glutes and brace your abs as if you're about to get punched. (That won't happen, but what follows is not exactly pain-free.)



2/ Kick In Your Core

Holding your upper body still, slowly drive your left knee towards your right elbow, taking 15 to 20 seconds. Return to the start and switch sides. Maintain a rigid core while using your limbs to create multidirectional forces that work your abs harder than any crunch. If you feel any strain in your lower back, make the leg movements smaller.



Earn a leaner, stronger midsection and powerful delts with this all-in-one move

3/ Wind Up Your Power

Turn to a side-plank position on your elbow or, if possible, on your hand. With your free arm, reach under your body past the support arm, again taking 15 to 20 seconds. Now reverse and reach back up. Don't go fast: stability is key for functional strength in your hard-to-hit anterior core muscles. Switch sides and repeat.



4/ Feel the Difference

Return to a push-up position. Lift one hand and reach under your body and towards the opposite hip, all the while holding your torso as straight as possible. Once again take 15 to 20 seconds to complete the move – you're looking for stability, without too much rotation. Switch sides and repeat. That burning sensation means it's working.



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CAT

www.cat.com / www.caterpillar.com

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PHOTOGRAPH STEVE TANCHEL **CLOTHING** PALSE HOMME

CITY EXPLORER

Take on the urban jungle in safari-inspired shades and organic textures

Life's an adventure! Whether you're looking to blend in or stand out this spring, go exploring in earthy tones and rustic fabrics from Edgars. Embrace 70s chic in natural tones, like khaki and cream, and animal print-inspired patterns. Timeless linen, leather and suede details will ensure you stay down-to-earth.



6
LINEN JACKET
R1299.95
SIGNATURE

7
CAMEL FEDORA
R479.00
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1
JACKET
R1299.95
SIGNATURE





2
BOW & TORTOISE SHELL GLASSES
R299.00
RIVER ISLAND



3
WHITE SHIRT
R799.00
TM LEWIN

8
WHITE SHIRT
R299.95
D66

9
DUNE FISHER BROWN
R999.95



4
CHINOS
R399.95 JX



10
CHINOS
R499.95
STONE HARBOUR

5
DUNE CHOPPER
R1799.95



Style + Groomin



Denim Guide 2015

REFLECTIVE SUNGLASSES R850 INVU AT SDM EYEWEAR
LEATHER JACKET R9 000 DIESEL
DENIM SHIRT R2 000 REPLAY
DOG TAG R950 AND METAL LINK ARMBAND R495 POLICE BOTH AT CJR GIFT SALES
FORMULA ONE WATCH R23 995 TAGHEUER AT PICOT & MOSS
LEATHER STUDDED BELT R2 000 DIESEL
221 ORIGINAL STRAIGHT JEANS R1 500 LUCKY BRAND AT EDGARS

BEARDS, BUNS AND BLUES

Double down on every man's favourite fabric. If you're looking for your new wear-anywhere pair of skinnies or a jacket that'll turn heads no matter what the weather, Edgars has you covered.



GINGHAM SHIRT **R299.95** AND DARK RIPPED SKINNY STRETCH DENIM **R549.95** BOTH JX PREMIUM
BELT **R269.95** EDGARS
BACKPACK **R429** TOPMAN
SNEAKERS **R459.95** LEVI'S



DENIM SHIRT **R999.95** LUCKY BRAND
JEANS **R299.95** JX PREMIUM
BELT **R269.95** EDGARS
SHOES **R999** TOPMAN

DIESEL
GUESS
Jeep
JX.
Lee
Levi's


Edgars
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DENIM SHIRT **R699.00** GUESS
RIPPED SUPER SKINNY DENIM **R499.95**
BELT **R279.00** RIVER ISLAND
BOOTS **R559.95** STONE HARBOUR
CHECKED SHIRT
R299.95 JX PREMIUM
DENIM ZIP JACKET
R999.00 TOPMAN
LIGHT RIPPED SKINNY
STRETCH DENIM
R549.95 JX PREMIUM
BELT **R259.00** TOPMAN
SHOES **R2 199.00** DIESEL
LUCKY BRAND
Salsa
SOVIET
STONE HARBOUR
TOM TAILOR



The Only Jeans You Need

What's the right style of denims for you? Slim? Boot? Relax, bud. We've got the fit for you

BY AZEEZ JACOBS • PHOTOGRAPHS GARRETH BARCLAY

SUNGLASSES R4 000 TOM FORD AT SDM EYEWEAR
VINTAGE BOMBER JACKET R1 700 GAP AND DENIM SHIRT R800 WRANGLER BOTH AT STUTTAFORDS
T-SHIRT WITH DENIM POCKET R1 200 DIESEL
LEATHER-STRAP WATCH R2 800 FOSSIL ACCESSORIES SA
LEATHER BELT R339 TOPMAN
DIATRA REGULAR JEANS R4 000 REPLAY
HIGH-TOP BOOTS R1 400 PALLADIUM BOOTS



Denim is the cornerstone of any man's wardrobe. The average guy can own up to seven pairs of jeans, according to a global survey by Cotton Inc. Problem is, they come in a paralysing array of washes, cuts and styles. So it's a relief to hear this bit of advice: "You really only need to know one style – and that's straight," says Andrew Powell, vice president of men's merchandising at Gilt, a US online shopping site. "The oldest jeans in the world are straight-leg patterns with a slight taper," he adds, "And they hold true even as trends like bootleg and super-skinny jeans come and go." Now that you know your jeans will age well, locate your body shape on the next page so you can guarantee they'll fit that way too.

WORDS LISA KISBER



LEATHER JACKET
R10 000 AND T-SHIRT R800
BOTH AT G-STAR RAW
RUBBER STRAP WATCH
R7 500 LUMINOX AT
TREGER BRANDS
LEATHER BELT R220
OLD KHAKI
BELTHAR REGULAR SLIM
TAPERED JEANS
R3 500 DIESEL

The Slim Build/
Slim Straight & Skinny

Chicken legs? Going baggy won't fool anyone. Instead, accentuate your frame by going with a streamlined straight-leg and skim your waist. Keep the jeans fitted in the seat – that way you create the illusion of bigger glutes. Pocket flaps also add heft. Avoid accents, like pocket stitching and flashy hardware. A medium wash is the most flattering for thin guys. The simpler the wash, the better.



REFLECTIVE SUNGLASSES R1 350 GUESS AT SDM EYEWEAR
BOMBER JACKET R2 900 AND PRINTED T-SHIRT R1 000 BOTH DIESEL
WOVEN BELT R259 TOPMAN
LEATHER-STRAP WATCH R900 SOVIET AT TREGER BRANDS
STRAIGHT LEG JEANS R3 800 TIGER OF SWEDEN

The Fit Build/ Regular Straight

If you're the kind of guy who makes the squat stand his second home, then you should opt for traditional straight-cut jeans that are fitted through the waist, seat and thighs. They'll provide room for well-developed quads while skimming your frame just enough to highlight your physique. Look for jeans with 2 or 3% Lycra so they'll stretch, but no more or they might cling. "Steer clear of anything overly slim," says Kyle Fitzgibbons, men's design director at J Brand, "since the tight fit tends to look more like leggings than jeans."



DENIM SHIRT R600
LEE AT EDGARS
OCEANS PRINTED T-SHIRT
R1 600 **G-STAR RAW**
FOSSIL LEATHER-STRAP
WATCH R2 800 **FOSSIL**
ACCESSORIES SA
LEATHER BELT R220
OLD KHAKI
RALSTON REGULAR JEANS
R2 700 **SCOTCH & SODA**

The Big Build/ Relaxed Straight

As a hefty dude, you should aim to strike a balance, which is why a relaxed straight fit is your ideal middle ground, Powell says. You'll want a slightly extended rise, which means the jeans sit at, not below, the waist. That'll offer a few extra centimetres in the thighs and seat, and since the legs are cut straight down, your ankles won't be swimming in denim. If you can grab more than a handful of fabric at your quads, find a fit that's a little slimmer or have a tailor tighten them up a bit.



NEW LAWS OF DENIM

TO ACHIEVE THE BEST FIT, KNOW THESE ESSENTIAL STYLE RULES

•

ROLL 'EM UP
Ragged or crumpled pant legs make you look sloppy. Cuff them so that they land right at your shoes. If you have to roll more than three times, it's time for the tailor again.

•

HIDE YOUR BRIEFS
We're not sure where the trend of having underwear billow from your waistband began, but we suspect Justin Bieber had a lot to do with it. Tuck them in.

•

CHECK THE POCKETS
They should be proportional to the jeans. If they're not, smaller pockets will make your butt look bigger and big pockets will make it look smaller.

•

RAISE YOUR RISE
Low-rise jeans are for tweens. The only time a woman wants to see your crack is... never. (She might forgive you if you're fixing the sink though.)

S-GODOR SHIRT
R2 000 DIESEL
LEATHER-STRAP WATCH
LUMINOX R15 000
TREGER BRANDS
THOMPSON LAKE REGULAR
STRAIGHT LEG DENIM
JEANS R2 000 TIMBERLAND
SOCKS R40 FALKE AT
EDGARS
COLUMBIA BOOT
R1 150 JEEP

WORDS: LISA KILSBER

Find Your Perfect Pair

18 WAYS TO MATCH YOUR BODY TYPE TO YOUR BUDGET

Two truths every man must face about premium blues: a hefty price tag doesn't necessarily guarantee a flawless fit, and a bargain pair won't always make you look like a doofus on a fancy date. All too often, guys make the mistake of prioritising the name on the label over what looks good on their bodies. "An ill-fitting pair of jeans, even if it's the most expensive denim or beautiful wash, will still look awful," says Scott Morrison, founder and designer for 3x1, a premium denim brand based in New York. "So it's crucial to find a fit that flatters you." Thankfully, dozens of options appropriate for any body and budget are available out there. Now if only somebody would, you know, arrange them on a graph so you could find the best pair for your body.



OCEANS 3D DENIM JACKET R3 700
G-STAR RAW
DENIM SHIRT R2 300
SCOTCH & SODA
BANNA LEATHER BELT
R1 500 DIESEL
EXPEDITION WATCH
R1 500 TIMEX AT TREGER BRANDS
RALSTON PLUS REGULAR SLIM JEANS R2 700
SCOTCH & SODA
CHUKKA BOOTS R3 000
ROCKPORT



FIVE DENIM MYSTERIES EXPLAINED WE UNZIP THE MOST

1 Why don't my expensive jeans last longer than my Levi's?

High-end denim isn't made from carbon fibre – it's still denim. You're investing in designer name recognition, pocket details, signature washes and unique hardware, says Lisette Geller, managing editor of the all-things-denim website Denimology. On the the bright side, if those jeans are made in South Africa, you're supporting South African labour.
DO THIS: Opt for little to no distressing or fading on your pricey pair. Chemical and mechanical treatments weaken the fabric and may hasten their journey to becoming gardening pants.

2 Why is the crotch always the first part to rip?

Sorry, it's not the unrelenting force of your manhood. Two factors – friction and tension – can cause any fabric, even a tough fabric like denim, to wear, especially in the crotch. Those same stress factors affect stitching and may cause the thread to break. As a result, the seams may come apart, which is how holes develop, says Jonathan Cheung, senior vice president of design at Levi's.
DO THIS: When you start to notice your favourite pair of jeans becoming worn out in that area, take them to a tailor for repair and reinforcement.

$$ $$$



Skinny stretch
R900
Guess at Spree

Slim-fit
R2 500
Nudie
at Infinite Bleu

Anbass slim-fit
R2 900
Replay

Thavar slim skinny
R3 000
Diesel



Expedition straight leg
R900
Kingsley
Heath

Jogger denim
R1 500
Adidas

Phantom Blue straight leg
R2 000
Calvin Klein

Straight leg narrow foot
R3 800
Tiger of
Sweden



501 CT
R900
Levi's

Straight leg
R1 495
Kurt Geiger

Straight leg
R2600
K.O.I
at Infinite 63

Loose taper fit
R3 099
Scotch & Soda

COMMON JEANS-RELATED RIDDLES

3 Why do my new dark jeans seem to rub off on everything?

Look at the cross-section of an indigo denim yarn and you'll see a white core and a blue exterior. "The dye usually sits on the top of the yarn, so it doesn't penetrate the core," says Cheung. While the bond between the dye and the yarn is strong, the indigo rubs off naturally, exposing the core and making the denim appear lighter.

DO THIS: Rinse them a few times in cold water. Hang to dry to lift some of the surface colour from the denim and spare your girlfriend's white couch, says Eric Goldstein, owner of Jean Shop in New York.

4 What's so cool about selvedge denim?

Selvedge refers to the flat, self-bound edges found on good denim. They're often marked by red-and-white tape along the seam and don't easily fray or unravel. US producers pioneered the manufacturing process, but when mass production made the looms obsolete, they sold them to the Japanese, who have carried on the small-batch tradition ever since. So blame their ego: selvedge is a status symbol.

DO THIS: If you can afford the buffalos for these blues, own your obsession: flip your cuff once to show off your red selvedge seam.

5 Is it really true that I should never wash my jeans?

It's true that repeated machine washes and trips to the dryer will eventually fade your dark denim and weaken its fibres. Wear your jeans as often as you can without washing, says Morrison. "If you hand wash your jeans every 30 to 120 days, he says, "The results will amaze you."

DO THIS: Soak your jeans inside out in a bath with a few centimetres of water and a bit of castile (olive oil based) soap for an hour. Rinse thoroughly in cold water and roll them up in a dark-coloured towel to wring out excess water. Hang them up to air dry overnight.

WORDS DAN MICHEL
STILL PHOTOGRAPHS JAMES GARATHY



WAYFARER FROGSKIN
SUNGLASSES R2 060
RAY-BAN AT LUXOTTICA
LEATHER STRAP WATCH
R1 099 TEMPO AT STERNS
DENIM SLEEVELESS
JACKET R800 S.P.C.C.
CHECKED SHIRT
R800 LEVI'S
PRINTED T-SHIRT R300
OLD KHAKI
LEATHER BELT R220
OLD KHAKI
511 STRAIGHT LEG
JEANS R900 LEVI'S
HYDRO SHIELD
WATERPROOF BOOTS
R3 200 ROCKPORT



DENIM SUNGLASSES
R2 649 **DIESEL**
AT MOSCON OPTICS
COTTON VEST
R750 **REPLAY**
CHAIN R189 **TOPMAN**
LEATHER STRAP WATCH
R3 000 **FOSSIL**
ACCESSORIES SA
LEATHER ARMBAND R99
MJ COLLECTION



BIKER BOOTS R1 500
KINGSLEY HEATH
LEATHER ANKLE BOOTS
R4 000 **REPLAY**
SUEDE DESERT BOOTS
R1 800 **S.P.C.C.**
JEANS LEFT TO RIGHT
LENDRICK REGULAR SLIM
JEANS R2 900 **REPLAY**
ORIGINAL 221 JEANS
R1 500 **LUCKY BRAND**
AT EDGARS
511 JEANS R900 **LEVI'S**
STOVEPIPE JEANS
R1 000 **S.P.C.C.**
GREENSBORO REGULAR
TAPERED JEANS R900
WRANGLER AT
STUTTAFORDS

DENIM ACCESSORIES

PICK YOUR FAVOURITES AND WEAR THE HELL OUT OF THEM



Wear Forever

These Ray-Ban aviators have been treated to create the illusion of a lifetime's worth of wear and tear.

AVIATOR SUNGLASSES R1 950 **RAY-BAN**
AT LUXOTTICA



Smell Confident

This rich, woody fragrance comes with a leather strap and brass top, giving it a classic manly look.

VINTAGE DRY COLOGNE R1 300 **SUPERDRY**



Arm Yourself

With a subtle and elegant design, it'll complete your head-to-toe denim look.

ALLIANCE WATCH R7 595 **VICTORINOX**
AT PICOT & MOSS



Tie It Together

One of the most versatile accessories, a brown leather belt will keep you looking put-together for years.

TORO LEATHER BELT R500 **HILFIGER DENIM**
AT STUTTAFORDS

GROOMING

Switch Your Shave Game

GRAB YOUR RAZOR AND PREPARE TO GO TO WAR. WHETHER YOU'RE A BEARD GUY OR PREFER YOUR MUG CLEAN-SHAVEN, AZEEZ JACOBS TAKES YOU THROUGH WHAT YOU NEED TO REINVENT YOUR SHAVING ROUTINE





Pre-Shave Prep/

PRECISION: To help protect your skin from the blade, they've added linseed mucilage and soothing rose water. **Prince Shaving Cream** *100g R98 Lush*
CONVENTIONAL: The gel has an antiseptic and antibacterial effect. It also contains Glide Polymers that prevent irritating micro-cuts and help your razor move smoothly. **Eucerin Men Silver Shave Gel** *150ml R100 Dis-Chem*
OLD SCHOOL: This soap forms a light lather so you can see where you're shaving. It's enriched with aloe vera, coconut oil and a generous dose of glycerin so there's no irritation during or after your shave. **Badger Shave Soap** *R240 Wellness Warehouse*
MODERN: A shave oil's clear formula makes it ideal for grooming around goatees and moustaches, and cooling, antibacterial camphor helps firm and tone your skin after shaving. **Dermologica Close Shave Oil** *30ml R380 Dermalogica* and **Bluebeards Revenge Shaving Brush** *R215 Everything Hair*



The Right Tools/

IF YOU HAVE A SIMPLE ROUTINE: A battery-operated razor is a no-brainer for most guys. Gillette's advanced low-resistance coating lets the blades glide effortlessly through your hair with less tugging. **Gillette Fusion Power Razor** *R90 Clicks*
IF YOU HAVE SOME TIME: "A hot towel, shaving cream applied with a shaving brush and this shavette is our version of a facial," says Farren Greening, Master Barber at Barnet Fair, Cape Town. This shavette is similar to a straight razor, the only difference being that the blades can be changed, like a safety razor. **Bluebeards Revenge Cut Throat Shavette** *R350 Everything Hair*
IF YOU'RE ON THE GO: Wet or dry, this electric shaver's angled blades cut closer to your face. When you're done using it, leave it in its docking station, where it'll charge, clean and lube itself at the touch of a button. **Phillips Shave Series 9 000 Wet & Dry Shaver** *R3 999 takealot.com*



Cleaning Up/

FOR DRY SKIN: If your skin is on the verge of cracking because of dryness, then try this lotion. It has all the classic soothing ingredients, including avocado oil, cocoa butter and vitamin E. **Ultimate Man Aftershave Moisture Lotion** *125ml R299 Kiehl's*
FOR OILY SKIN: This bump control ointment is engineered to fight razor bumps and irritation caused by razor burn. It also prevents ingrown hairs. **Clicks Bump Control** *100ml R37 Clicks*
FOR COMBINATION SKIN: This aftershave oil helps rejuvenate the skin's natural oily layer that gets stripped away by shaving. **Lipidol Aftershave Oil** *100ml R80 Pick n Pay*
FOR SENSITIVE SKIN: FYI, alcohol-based aftershaves aren't kiff anymore. Try this new alcohol-free splash. It cools down freshly shaved skin so it doesn't burn. **Nivea Men Cooling Aftershave Splash/Lotion** *100ml R80 Dis-Chem*



Feed the Beard/

Growing out your beard isn't an excuse to have a quick maintenance-free grooming routine. "You should shampoo the stubble two or three times a week and use a conditioner as well. This will soften the bristles and add moisture to the skin," says Greening. Also, give beard wax a try: it'll moisturise and nourish the hair. This grapefruit & orange beard wax will leave a clean shine and smell, while the brush helps keep your beard tame. **Beard Brush** *R100 Bonifide Beards*
Beard Wax *R150 50g HG for Bros*

STOCKISTS

ADIDAS ORIGINALS 021 421 8272
BONAFIDE BEARDS 083 458 6088
CALVIN KLEIN 021 418 1185
CJR GIFT SALES 011 444 2270
CLICKS 0860 254 257
DIESEL 011 630 4000
DIS-CHEM PHARMACY 0860 347 243
EDGARS 0860 692 274
EVERYTHING HAIR 0861 007 651
FOSSIL ACCESSORIES SOUTH AFRICA 021 418 0045
GANT 021 425 5317
G-STAR RAW 021 418 9000
GUESS 021 421 0110
HG FOR BROS 021 794 8254
INFINITE 63 011 326 6688
INFINITE BLEU 011 684 1515
JEEP 011 630 4000
KINGSLEY HEATH 011 784 6206
KURT GEIGER 0860 434 437
LE COQ SPORTIF 011 784 6334
LEVI'S 021 403 9400
LUXOTTICA 0861 486 100
MJ COLLECTION 012 666 8897
MOSCON OPTICS 011 483 8001
OLD KHAKI 021 464 5800
PALLADIUM BOOTS 011 444 2270
PICK N PAY 021 658 1000
PICOT & MOSS 011 669 0500
REPLAY 021 418 8507
RIVER ISLAND 021 555 3691
ROCKPORT 031 459 8800
RVCA 042 293 2199
S.P.C.C. 031 571 3723
SCOTCH & SODA 011 784 3233
SDM EYEWEAR 011 334 7020
SPITZ 0860 109 321
SPORTSCENE 0860 576 576
SPREE 087 740 1010
STERNS 021 938 1250
STUTTAFORDS 011 879 1000
SUPERDRY 011 784 0496
TIGER OF SWEDEN 011 440 3235
TIMBERLAND 021 421 3552
TOPMAN 021 419 5900
TREGER BRANDS 011 089 6000
WATCH REPUBLIC 021 418 0045
WELLNESS WAREHOUSE 021 003 3552

FASHION ASSISTANT TANYA NORTJE **MODELS** WES AT ICE, GARRETH AT BOSS, KEN AT FUSION **GROOMING** CARLA AT ONE LEAGUE **LOCATION** WIJNLAND AUTO MUSEUM AT LOCATION GALLERY 021 418 1714

TTD/MENS HEALTH_JULY15



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LG's SUPER Ultra HD TV comes with the super thin 8.5mm UltraSlim Design display, which easily blends itself into any living space with sleek, picture-perfect excellence.

With a remarkable new user experience thanks to its WEB OS 2.0, the TV menu system has now been streamlined to perfection. Essentially an upgraded version of LG's lauded WebOS user interface, it was originally designed under the "Make TV Simple Again" concept, overcoming the growing frustration with unnecessarily complex TV menu systems.

ULTRA Luminance technology continuously analyses the brightest and darkest parts of the displayed content in order to improve brightness and resolution.

Get ready for an extraordinarily vivid TV-watching experience. Boasting superior features like Colour Prime technology, ULTRA Luminance, a 4K in-Plane Switching (IPS) panel and a Prime Mastering Engine, LG is surpassing the ordinary with a truly vibrant, cinema-like experience.

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Life's Good

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Sex + Relationships









Win Her Game of #Tag

Women are rating your abilities in bed (and beyond) with a new app. Raise your score

BY MIKE DARLING



HOW MANY STARS WOULD you earn if women could review you like a Chinese restaurant on Eat Out? You may soon find out. The Lulu app gives them that very opportunity, using hashtags as shorthand. We asked the founders to share the positive hashtags that women most frequently assign to top-rated men. Steal their secrets – and watch your own score soar.



#WillActSilly

Women look for men who can help them forget about stress, says Peter McGraw, director of the University of Colorado's Humour Research Lab. Makes sense: a 2011 study in *Personality and Social Psychology Bulletin* found that men were nearly twice as likely to brag about being funny, and women were nearly twice as likely to seek out a mate who could crack them up.

TRY THIS Know your comedic limitations. She doesn't want the full Fallon, says Kelly Leonard, coauthor of *Yes, And: How Improvisation Reverses "No, But" Thinking*. "Tell her an embarrassing story about yourself. Everyone loves to laugh at someone's failure, and this will also make you seem confident – that you're willing to tell a story in which you aren't the hero."

#EpicSmile

A great smile conveys that you're accessible and agreeable, says Marianne LaFrance, a professor of psychology at Yale University and the author of *Why Smile?* "Research shows that smiles that are genuine – which is probably what makes them 'epic' – are reliable indicators that you're a trustworthy and giving person," she says. "Seeing one can even lead to a mini emotional high." Studies have also shown that smile quality can predict everything from marital success to earning potential.

TRY THIS Avoid the frozen grimace: look down and breathe deeply while counting to three before you smile for the camera, says photographer Clay Hayner. "Your face will relax, and your smile will look more authentic," he says. "Lift your eyebrows to bring out your personality." A pro whitening treatment also helps, says dentist Jennifer Jablow. Oh, and keep your gums healthy: "Bad gums stand out like yellow teeth."

#WorkEthic

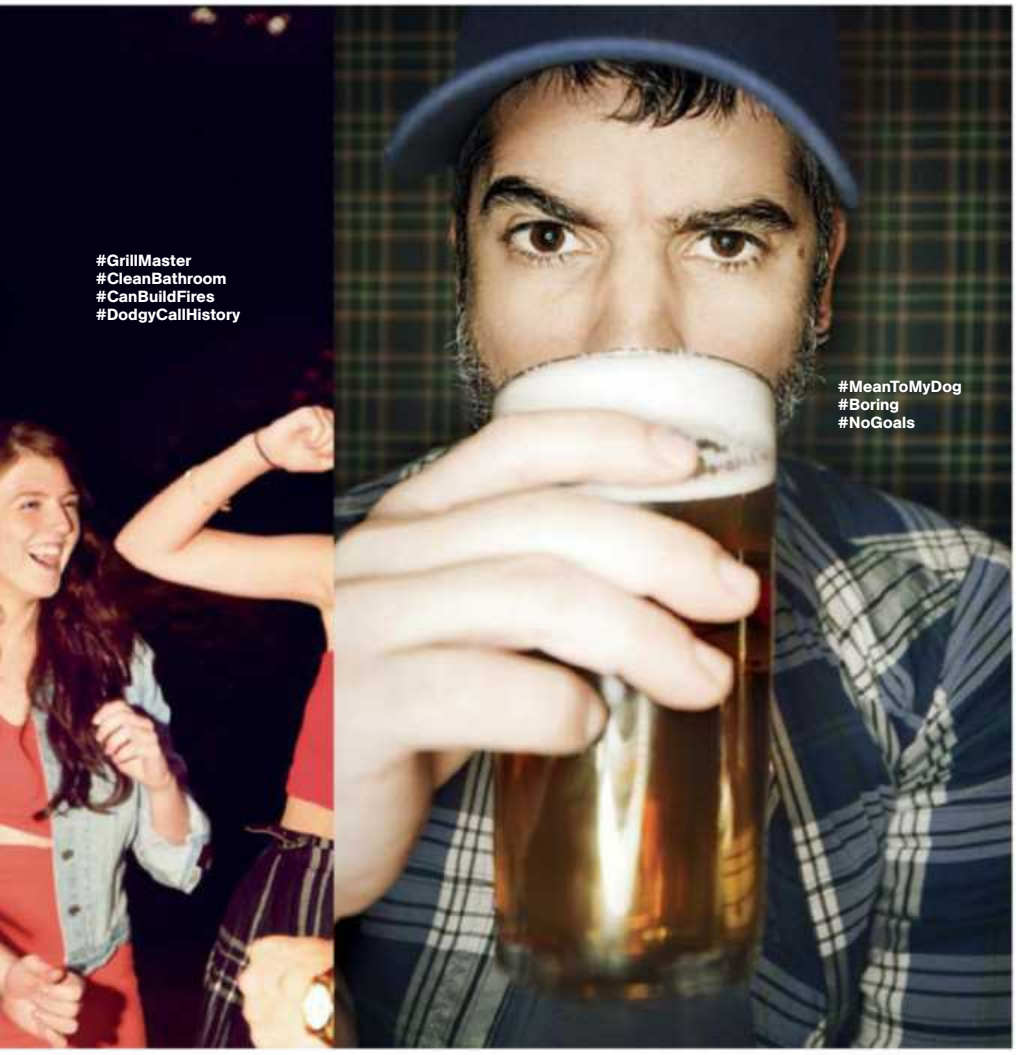
This phrase signals *winner* on several levels: most likely, you're a responsible guy with a decent income – in other words, just plain reliable. Men who work hard tend to be stable and earn a good living, says Jenn Gunsaullus, an intimacy counsellor. While the gender pay gap is (slowly) narrowing, some women still have a preference for men who can support them. They want to feel safe and protected – and job insecurity would be a threat, says relationship therapist Paul Hokemeyer.

TRY THIS Don't gripe too much about your job and how you wish you could quit. Actually, redefine what counts as "work" altogether. See that dirty pan in the sink? Start scrubbing: a 2014 study in the journal *Sex Roles* found that married couples are more satisfied when they agree on how chores should be divvied up – and when both partners fulfill their end of the deal. "Forget empty promises," says Hokemeyer. "Women can tell when you're the real deal."

#CleansUpGood

When you pay attention to grooming and have some sense of style, you send the message that you're able to take care of yourself, says Esther Perel, author of *Mating in Captivity: Unlocking Erotic Intelligence*. "That liberates a woman from mothering," Perel says. "It means you're not a boy; you're a grown man. Plus, because you understand the effort it takes to look good, you're more likely to appreciate the things women do to prepare for a night out." *Psst:* that means you should compliment her hair, dude.

TRY THIS New pants and shoes. First, buy a good pair of dark jeans, says fashion expert Sandra Nygaard. They're slimming and stylish, and you can wear them several times a week without people noticing that you're repeating. "Women will always notice shoes," adds Nygaard. "You can't go wrong with brown leather wing-tips, which are classic and cool."



PHOTOGRAPHS GETTY/GALLO IMAGES ILLUSTRATIONS MICHAEL BRANDON MYERS

#LovesHisFamily

In real life, women don't consider the commitment-phobic, delayed adolescents in Judd Apatow bromances all that sexy. When a guy shows how much he loves his family, it tends to mean he wants one, one day – maybe even soon, says Dr Paulette Sherman, author of *Dating from the Inside Out*. "Many women want to know that men have the same vision they do. And even if marriage or kids are still many years away, you're demonstrating that you're at least affectionate and emotionally available."

TRY THIS Play up your nurturing side, suggests Helen Fisher, author of *Why Him? Why Her?* "There are subtle ways to do it," she says. "Even if it's stopping to pet a friendly dog or babysitting for your sister when she needs a night out." You can also ask questions about her childhood – say, what her family's holiday traditions were like, Fisher says. You'll convey that you value these things without coming off as if you're in a rush to the altar.

#NotALoser

Forget what you've heard about women liking bastards. Thinly veiled insults and emotional manipulation will never win a woman's heart. In fact, the opposite is true: they're actually just signals to leave you behind. "Guys who are jerks tend to be narcissistic with antisocial traits," says Hokemeyer. "They're self-absorbed and have no concern for her feelings and wellbeing." They also place little emphasis on compassion, he says. "They just want to be indulged and adored."

TRY THIS Show more patience – especially in conversation, Fisher says. Most guys could stand to do that anyway. "While men are comfortable interrupting each other, women are not, and such behaviour can be perceived as narcissistic and rude." Another way to show respect: even if she says you can decide the plan for the night, involve her by offering options. "Women want to please," Fisher says, "and if you provide choices she knows you'll approve of, she'll feel better about selecting one." MH

WAIT, SHE SAID *WHAT*?

WE ASKED THE READERS OF *WOMEN'S HEALTH* TO SHARE WHAT THEIR REACTIONS WOULD BE TO THESE HYPOTHETICAL ONE-STAR REVIEWS

"DOESN'T MATTER"



#NOFRIENDS



#ALWAYSWORKING



#SMALLPENIS



#KINDABORING



#TOTALMANCHILD



#ALITTLEDODGY



#LOVESWEED



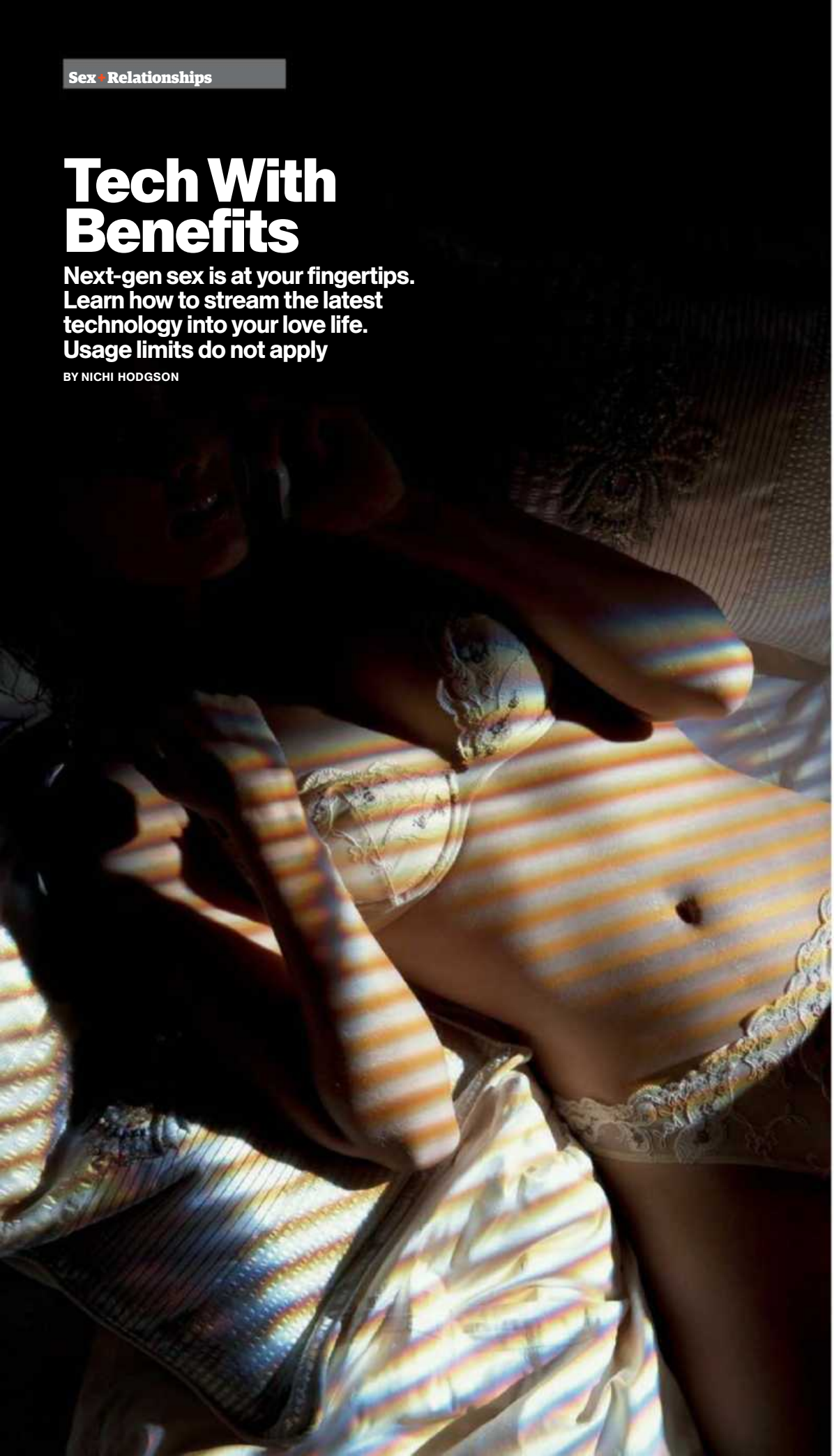
#HUNGUPONHISEX

"CALL IT OFF!"

Tech With Benefits

Next-gen sex is at your fingertips. Learn how to stream the latest technology into your love life. Usage limits do not apply

BY NICHI HODGSON





Q/ I'm in a long-distance relationship and phone sex just about gets us through the week. Are there any fresh ways we can crank it up a notch?

Distance can be a powerful aphrodisiac, and having an ocean between you is actually a sure-fire way to strengthen your relationship, a study from Queen's University in Ontario found. Rather than ignoring your partner's fifth attempt to get you to take out the bins, in a long-distance relationship you value communication as a way to build up intimacy. Hence phone sex, though even that has its logistical limits. For something more tactile, you don't have to wait until next weekend: *Tron*-like technology can bring you together. The Kiiroo ***(kiiroo.com)*** is a mind-blowing virtual-reality system designed for relationships just like yours. Classed as a "teledildonic" experience, you put the sleeve on your penis while she plays with the sensation-sensitive dildo. It's popular with co-habiting partners looking for the thrill of separation play, too. If time zones are against you, try the latest version of the Fleshlight – browse the options at ***mantality.co.za*** – which offers pure, personal pleasure but connects to what you're watching online for a more bespoke way of treating yourself.

PHOTOGRAPH GREATSTOCK/CORBIS IMAGES ILLUSTRATIONS ADAM NICKEL AT SYNERGY

Q2



Q/ I think Internet porn has made me immune to arousal. How can I get my fix a different way?

Start by closing your laptop. Porn is a healthy part of modern sex, but many find they spend more time sifting through clip after clip than experiencing the more natural (and a lot more gradual) sexual response cycle of arousal, plateau and orgasm. That needn't mean going cold turkey, though. The growing popularity of podcasts has been embraced by legendary pornstar Mary Carey, blonde dominatrix Aiden Starr, and the best of British, Tanya Tate, all of whom have their own shows available to download on ***vividradio.com***. If you'd prefer to hear some top-tier sex advice, go for Nyomi Banxxx's sex Q&A phone-in on ***chocolateradio.net*** – it's a subtle and rewarding way to tune into your arousal. Noise-cancelling headphones would be a worthy investment.

Q3



Q/ Wearable fitness trackers are everywhere... do they work with "horizontal" workouts?

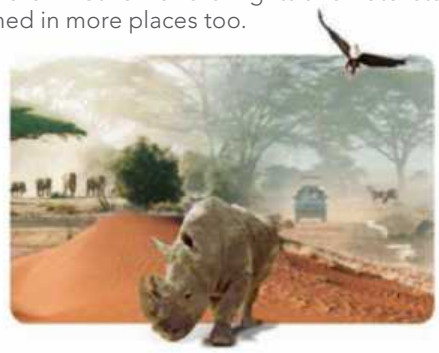
Let's start with what is already at your disposal. Take the fitness tracker on your wrist, for example. Anything that encourages both you and her to exercise is only going to increase your sexual PB. Your partner's beating heart makes her more likely to experience a stronger orgasm post-workout too, according to a study in the *Journal of Sexual and Relationship Therapy*. If you're the sort of power-fitness couple who already sweat, juice and foam roll together, you're ready for the next level. The OhMiBod smartwatch app and vibrator ***(R1 549, matildas.co.za)*** monitors your heart rate and syncs it with the vibrator, giving her fuller vibrations as your BPM goes up. Call it the most fun HIIT session you've ever had, but this is the couples' workout that really counts.

ANYTHING THAT ENCOURAGES BOTH YOU AND HER TO EXERCISE IS ONLY GOING TO INCREASE YOUR SEXUAL PB

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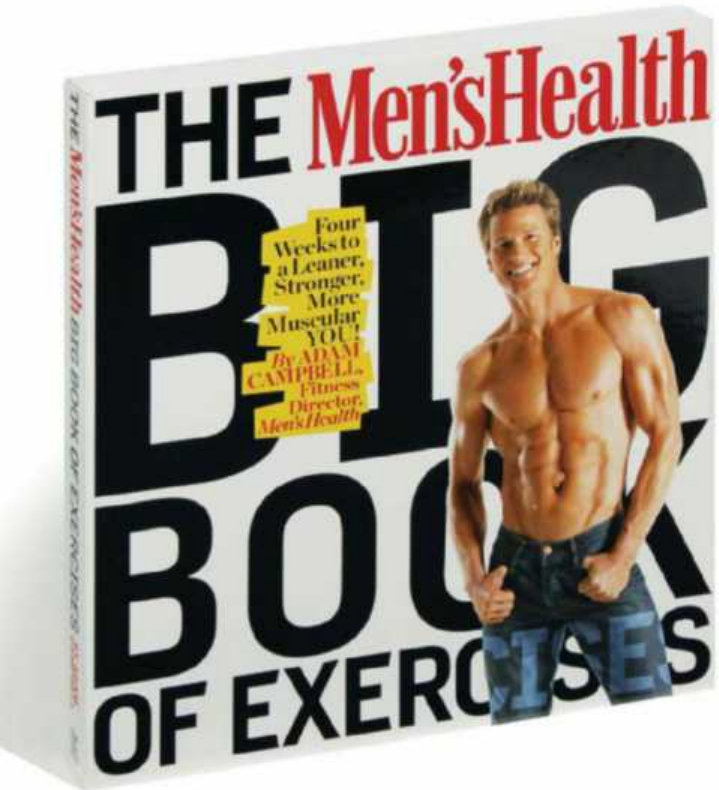
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Q4



Q/ I'd like to be able to sext without getting myself into a whole world of trouble. Any advice?

The standard dick pic is old news, and while dirty words are a reliable lubricant when delivered in person, you need to be more forward-thinking with your sexting to stand out from the crowd. Viber and even WhatsApp are good options for voice clips, but Snapchat is still the best way to get visual in a secure way, with the obvious downside being that you can't save any replies to enjoy at a later date (unless you're a filthy screengrabber). If you're in need of a partner to begin messaging, then opt for MeowChat. This tool is like the lovechild of WhatsApp and Tinder. It lets you instant-message contacts and hook up with new people all in one place. Consider it an online bar, if you will. Happy sexting. Stay safe.

Q5



Q/ What's the best way of using music in the bedroom, without going all-out Barry White?

Hey, the Walrus of Love enjoyed a lucrative career for a good reason, and it's not simply a case of setting the mood – the songs themselves trigger a pleasure hit of dopamine, according to researchers at McGill University in Montreal. But don't confuse sultry for sexy; women require a positive emotional connection to be aroused, according to the *Journal of Sexual Medicine*. Spotify studied listening habits to determine that The XX's "Intro" is the perfect song to make love to, but I'd suggest more lyrical tracks. Songs by Frank Ocean or Banks offer a contemporary remix of the otherworldly instrumentals and sultry vocals that made Big Barry such a hit. As an aside, revealing any musical talents you might possess counts as foreplay. A study by the University of Southern Brittany proved women are attracted to men's musical ability – even if she just clocks that old unused guitar case in the corner of your room. If that sounds too "mainstream" for your tastes, turn it up to 11 with a synced-up sex toy such as the NaughtiBod music-powered vibrator ***(R1 089, matildas.co.za)*** which connects to your iPod and throbs in time with your playlists. She won't get enough of this one. MH

ILLUSTRATIONS ADAM NICKEL AT SYNERGY

HIP/1990/WH

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South African consumers constantly have to tighten their belts in lieu of regular petrol and electricity hikes, which directly impact consumers' ability to pay for essentials such as food, transportation and insurance. Luckily there are simple changes that you can make to improve and aid your cash flow and ultimately, your bottom-line.

"We compare numerous leading brands across various products such as Insurance, Medical Aid, Life Insurance and even Personal Loans. Consumers can view benefits and prices side by side so that they can make the best choice when comparing, buying and ultimately saving when they make use of our free comparison service," says Derek Wilson, Head of Hippo.co.za. Here are some quick tips from the Hippo.co.za team for the cash-strapped consumer out there:

One in two people could save hundreds of Rands per month* on Car Insurance alone.

Hippo compares other products too which means you could be saving on a lot more than this each month! This doesn't take into account the time and money you can save to get a number of quotes in minutes, as opposed to calling around and emailing various service providers.

Hippo.co.za features insurance products from leading South African brands such as Hollard, FNB, 1Life Insurance, Auto & General and First for Women and many other well-known brands across other products.

SA consumers need to realise that switching insurance products is no longer the admin nightmare it was before - you can simply go to Hippo.co.za, enter your details to compare and switch insurance more easily. The site now allows small and medium business enterprises to compare and select Business Insurance from a range of business insurers.

The Hippo.co.za site also provides a comparison service for lesser-known products such as Travel Insurance, Flights, Car Rental, Medical Aid, Tyre and Rim Insurance, and Personal Loans.

When it comes to Car Insurance, consider also getting Tyre and Rim cover for smaller damages.

> "switching insurance products is no longer the admin nightmare it was before – you can simply go to Hippo.co.za"

This cover is available as a stand-alone product from various insurers on Hippo.co.za.

Hippo.co.za's Facebook Page provides handy tips and information, as well as news on Insurance and other financial services. It is also handy to review your Medical Aid cover, because nobody wants to be caught without the correct cover. Regularly check benefits, features and costs on Hippo.co.za to ensure you make an informed choice.

> "South African consumers constantly have to tighten their belts in lieu of regular petrol and electricity hikes"

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THE GIRL NEXT DOOR

Sex, dating, love and lust. Amelia Frenkel will now take your questions





She's 15 years younger than me, but I see a potential wife in her. Do we stand a chance? HENRY

Step one: let go of any age issues. The sexiest men I know (never mind Clooney, 54, or Statham, 48) don't let age define them. Compatibility and chemistry are way more important. Besides, anything you obsess over will only become an obstacle. She might be truly flattered that you see a future with her, or you may just seem too intense and scare her off. Start with everything you have in common. Since you grew up in different decades, that's bound to be right here, right now.

I can't get over my ex. Help! SHAUN

It's not that you can't get over her it's that you can't get over the fiction about your relationship. There's a good reason you aren't together. Even if she instigated the break-up, you really don't want to be with someone who isn't sure about you. Truly believing that can take ages, so our brains torment us, replaying a highlights reel of all the good times with a rose-tinted filter. You start to believe you'll never find someone like her again, and it hurts so much you think your heart might actually be broken. Correct? Well, that's not real life. What about the bad times? Strange how they never seem to feature. Your memories are holding you hostage, not her.

I used to get dating advice from a girl who had a crush on me. Now we're dating, and she's become friends with my old crush. Now and again she gets insecure and shuts me out. Is she over me? RIAAN

Nope. In fact, she's probably reacting so strongly because she's afraid of losing you. Reassure her that's not going to happen. She'll be especially on guard when you're around your old crush, so keep your distance (or avoid hanging out in an awkward threesome), without making it seem too obvious, and pay attention to your girl. Reassure her of your commitment – not just when she's acting out.

We've been together for a year, but we don't have a lot in common. I want to break up, but she wants to take it up a notch. What now? DECLAN

A year should be long enough to gauge compatibility. Are you keeping her around until something better comes along, or did you wake up one morning and feel different? Either you're sending mixed signals or her fear of losing you as you withdraw is making her come on stronger. Be clear if you really want to end it. Stop wasting her time – and yours.

My girlfriend is a virgin, and we decided to wait until we finished studying. That was last year. Nothing's happened. What gives? SIMPHIWE

This is a very personal decision – no matter how much she cares for you, she doesn't want to regret it. Studying may have been an excuse to stall, or maybe it gave her time to change her mind. Speak to her openly about both of your expectations. Raise the subject carefully, outside of a sexual situation. Make her feel respected, whatever she decides, and think long and hard about whether her decision is a deal-breaker.

Follow Amelia on Twitter @MH_girlnextdoor or email your questions to girlnextdoor@mh.co.za

WHAT KINKY WOMEN DO

ALL THE DIFFERENT STROKES YOU CAN THINK OF*

- SPANKING
- HAIR PULLING
- SCRATCHING
- BONDAGE TOYS (E.G. CUFFS)
- MODERATE/ LIGHT BONDAGE
- BREAST PLAY
- PADDLING
- FLOGGING
- ICE PLAY
- MASTER-SLAVE FANTASY
- USING FEATHERS OR FUR
- BREAST SEX
- PHYSICAL HUMILIATION
- VERBAL HUMILIATION
- WHIPPING
- CANDLE WAX PLAY
- OBEDIENCE OR TRAINING
- EXTREME BONDAGE
- CANING
- BREATH PLAY (CHOKING)
- WRESTLING

PHOTOGRAPHS GETTY/GALLO IMAGES, SEAN LAURENZ (PORTRAIT) *SOURCE ARCHIVES OF SEXUAL BEHAVIOR

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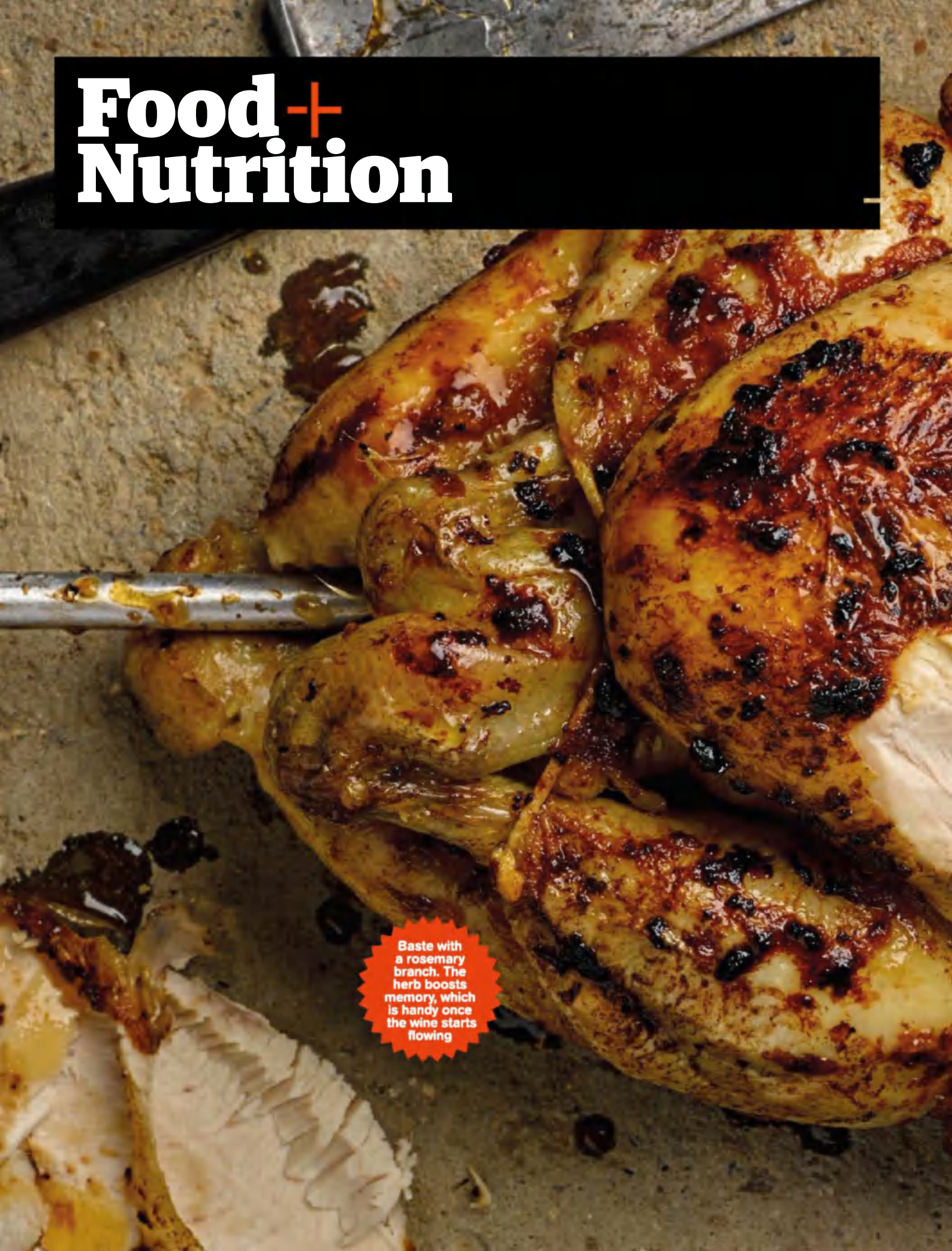
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Food + Nutrition



Baste with a rosemary branch. The herb boosts memory, which is handy once the wine starts flowing



Chicken and sweet potatoes are both high in vitamin B6, lowering your risk of heart attack

Everything but BBQ:

a Guide to Cooking Outdoors for the Health-Conscious Chef

Your default burger-and-charcoal combo comes with a range of carcinogenic risks that guests won't thank you for, so leave the cover on the grill and prepare a healthier, better-tasting back-garden banquet

BY TED LANE
PHOTOGRAPHS DAN MATTHEWS
ILLUSTRATIONS BEN MOUNSEY

CHICKEN/PORK/SALMON/LAMB/BEEF

Spin Chicken (FROM PREVIOUS PAGE)

For perfect poultry, build your own backyard rotisserie

YOU'LL NEED

- CLEAN OIL BARREL
- CONCRETE BLOCKS
- BRICKS
- METAL SPIT
- FIREWOOD
- **1** WHOLE CHICKEN
- **250G** BUTTER
- **2** TBSP MUSTARD
- **4** SWEET POTATOES
- **1** BRANCH ROSEMARY

[1]



[2]



[3]



METHOD

Don't balk at the need for a barrel; spend a buck or two on BidorBuy and you're all set. Cut it in half lengthways to make a tray. Stack concrete blocks at either end and flatten the curved barrel edge with a hammer. Rest it on your bricks to stop the hot barrel scorching your lawn [1]. Lie your logs in the barrel, light and let them burn down to embers. Avoid charcoal: the smoke packs the same carcinogens as you find in cigarettes. Using wood will stub out the risk. Skewer the chicken [2] and lay across the top. Turn every few minutes for 90 minutes, or invest in a motorised kit (**R459,** *takealot.com*). For the baste, mix molten butter with mustard ketchup; apply to the meat as you turn. To finish, bury your spuds in the embers [3]. Remove when soft, peel off the skins and stir in the baste for luxuriant mash. ***Serves 4***

CHICKEN/**PORK**/SALMON/LAMB/BEEF

South American Showstopper

Crucify hunger by cooking on an Argentine iron cross

YOU'LL NEED

- **2** STAINLESS STEEL POLES
- METAL CORD
- **1** WHOLE PIG, BUTCHERED
- A BIG GARDEN

[1]



[2]



[3]



METHOD

Binding a whole pig to a metal crucifix sounds ritualistic, but splaying out your meat over a fire cooks it evenly, and is the source of perfect pulled pork. Strap two stainless steel poles together with cord to create a crucifix [1]. Build a large fire (stack logs to knee height), then let it burn down until glowing. Tie the pig's trotters to the crossbar and secure its belly to the shaft. Place it, ribs-down, at a 30-degree angle over the embers for five hours [2]; flip it over for a final hour. Slow-cooking softens the toughest cuts. Use a probe thermometer (**R109,** *yuppiechef.com*) to check it; aim for 65° [3]. "At 63° you've killed bacteria but at 75° you've killed the pork," warns Tim Hayward, author of *Cook DIY*. Now start pulling away the melt-in-the mouth meat, and remember there's enough to share. ***Serves 20***







Smoke Without Fire

Blow supermarket salmon out of the water by smoking it at home

YOU'LL NEED

- CERAMIC DRAINAGE PIPE
- WOODEN SPINDLE
- FISHING HOOKS
- CAN, EMPTY
- SAWDUST
- SOLDERING IRON
- **2** WHOLE SALMON FILLETS
- **150G** SUGAR
- **150G** SALT

METHOD

A few garage essentials and 24 hours are all you need to delicately (and healthily) prep a perfect starter. Rub the fish with a 50/50 mix of salt and sugar [1], wrap in clingfilm and leave in the fridge overnight. Dry-brining pulls fluid out of the fish, so it won't be slimy. The next morning, fill a tin with sawdust, punch a hole in the bottom and insert a soldering iron [2] (another few bucks online).

Supermarket fillets are often sprayed with liquid smoke to cut corners; your guess as to what's in the stuff is as good as ours. Upend your pipe over the can and hang the fillets inside from a spindle [3]. Switch on the soldering iron and cover the whole contraption with a bin lid and a couple of bricks to keep cats out. Leave to smoulder for 24 hours, lift the lid and reel in the results. ***Serves 6***

[1]



[2]



[3]



CHICKEN/PORK/SALMON/**LAMB**/BEEF

Go Underground

Pit-cooking takes some elbow grease but this lamb dish is worth it

YOU'LL NEED

- SPADE
- STONES
- FIREWOOD
- LAMB SHOULDER
- **5L** WATER
- **450G** SALT
- **100G** FRESH THYME
- BLACK PEPPERCORNS
- FRESH ROSEMARY
- **55G** BUTTER
- **125G** FLOUR

METHOD

Grill a huge hunk of lamb and you'll get scorched skin and a raw centre. For succulent protein you need to put your back into it. Dig a hole a metre wide and half a metre deep and fill the base with half your stones [1]. Lie a wood fire on these, piling the rest of the stones on top. Let them heat for two hours. While you wait, soak the lamb in a brine of water, salt, thyme, rosemary and pepper. Pit-cooking meat ensures an even heat, but it's hard to monitor progress; soaking stops it toughening. Make a dough with flour, 40ml water and butter; wrap it around the meat [2]. This helps the meat cook in its juices and protects it (and you) from harmful ash. Use heatproof gloves to lie the meat on a bed of stones [3]. Cover with the rest of your hot rocks. Let the meat cook for four hours, then dig in, break the bread and unearth the best lamb you've ever tasted. ***Serves 4***

[1]



[2]



[3]





Just one portion of lamb contains a third of your RDA of zinc, to keep your immune system and T-levels up





CHICKEN/PORK/SALMON/LAMB/**BEEF**

One Pot Wonder

Make more of your campfire with this Scandinavian chilli recipe

YOU'LL NEED

- BIG LOGS
- CHAINSAW OR AXE
- NEWSPAPER
- HEAVY-BASED SAUCEPAN
- **1.5KG** STEAK TRIMMINGS
- **4** ONIONS, CHOPPED
- **4** CLOVES GARLIC
- **4** CANS CHOPPED TOMATOES
- **2** CANS KIDNEY BEANS
- **200ML** HOT SAUCE
- **4TSP** EACH PAPRIKA AND CHILLI POWDER
- SOUR CREAM

METHOD

A pot, logs and a handful of healthy ingredients – this rudimentary method is Scandi simplicity at its best. Plus, heating meat in a pot cuts the cancer risks linked to flame-cooking. Grab a few leftover timbers, upend them and cut halfway down to create eight united segments. Stuff the gaps with newspaper, light and let it catch [1]. Once the wood is glowing, place a heavy-based pan on top; keep a few pre-prepared logs to one side. Each one should last about 30 minutes [2]. Add oil to the pan, throw in the steak (trimmings pack less fat and more flavour than mince) before adding your spices. Add onions, garlic, tomatoes, beans and chilli sauce [3]. Simmer for about an hour, stirring occasionally. Keep the sour cream handy. ***Serves 8*** MH

[1]



[2]



[3]



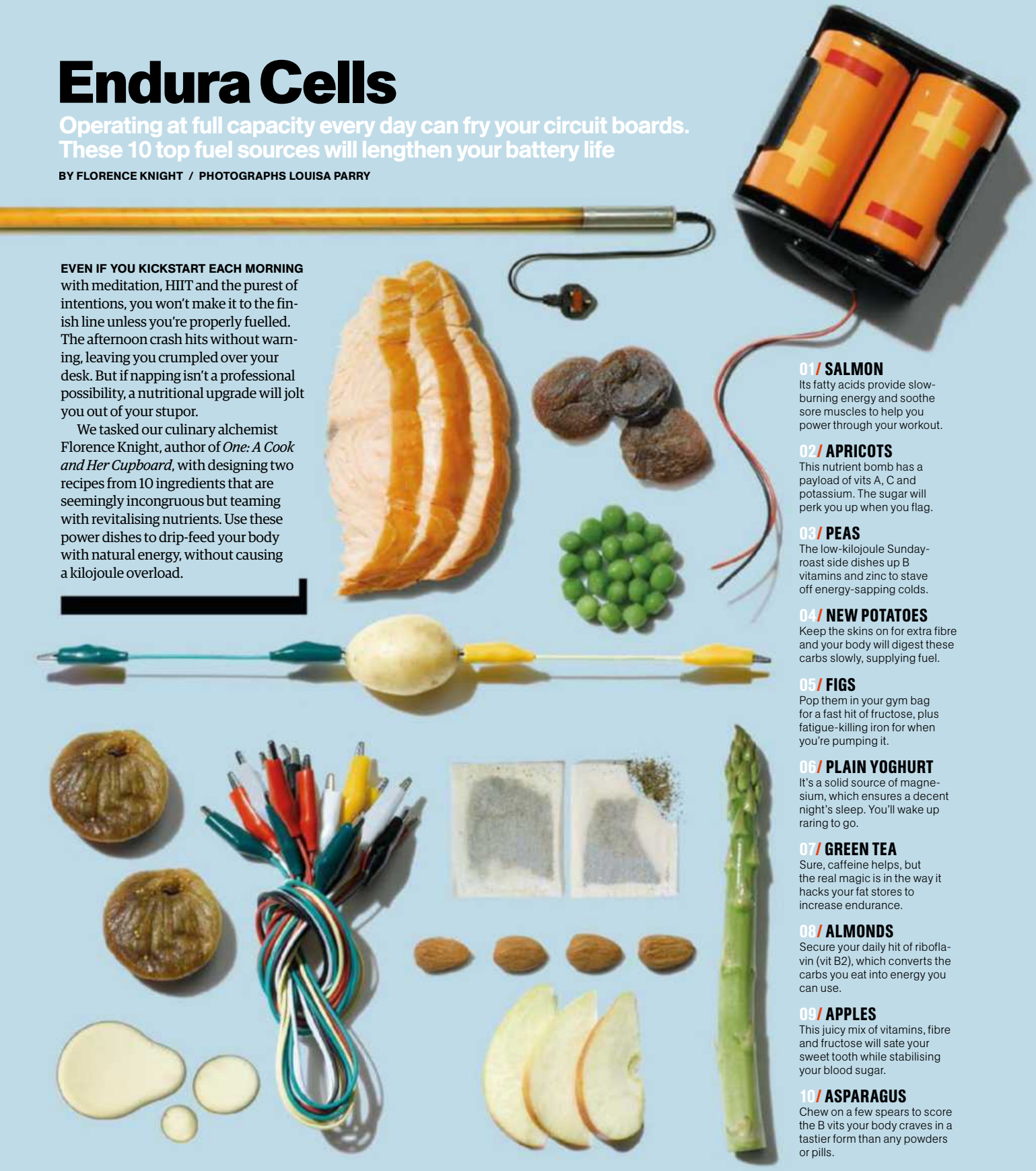
Endura Cells

Operating at full capacity every day can fry your circuit boards. These 10 top fuel sources will lengthen your battery life

BY FLORENCE KNIGHT / PHOTOGRAPHS LOUISA PARRY

EVEN IF YOU KICKSTART EACH MORNING with meditation, HIIT and the purest of intentions, you won't make it to the finish line unless you're properly fuelled. The afternoon crash hits without warning, leaving you crumpled over your desk. But if napping isn't a professional possibility, a nutritional upgrade will jolt you out of your stupor.

We tasked our culinary alchemist Florence Knight, author of *One: A Cook and Her Cupboard*, with designing two recipes from 10 ingredients that are seemingly incongruous but teaming with revitalising nutrients. Use these power dishes to drip-feed your body with natural energy, without causing a kilojoule overload.



01/ SALMON
Its fatty acids provide slow-burning energy and soothe sore muscles to help you power through your workout.

02/ APRICOTS
This nutrient bomb has a payload of vits A, C and potassium. The sugar will perk you up when you flag.

03/ PEAS
The low-kilojoule Sunday-roast side dishes up B vitamins and zinc to stave off energy-sapping colds.

04/ NEW POTATOES
Keep the skins on for extra fibre and your body will digest these carbs slowly, supplying fuel.

05/ FIGS
Pop them in your gym bag for a fast hit of fructose, plus fatigue-killing iron for when you're pumping it.

06/ PLAIN YOGHURT
It's a solid source of magnesium, which ensures a decent night's sleep. You'll wake up raring to go.

07/ GREEN TEA
Sure, caffeine helps, but the real magic is in the way it hacks your fat stores to increase endurance.

08/ ALMONDS
Secure your daily hit of riboflavin (vit B2), which converts the carbs you eat into energy you can use.

09/ APPLES
This juicy mix of vitamins, fibre and fructose will sate your sweet tooth while stabilising your blood sugar.

10/ ASPARAGUS
Chew on a few spears to score the B vits your body craves in a tastier form than any powders or pills.



Spray that Scrape Away

Cuts and scrapes won't kill you, but man, they'll do their best to ruin your day. Fix them once and forget them forever, with Elastoplast's futuristic Spray Plaster

If you hurt yourself in the middle of a workout or while trekking up a mountain, a little graze can turn into a real pain. And there's no plaster in the world that can cover a full-blown roastie, is there?

Well, the future has arrived, in the form of the new Spray Plaster from Elastoplast.

Spray it onto the wound, and the antibacterial formula goes straight to work, creating an instant, transparent, protective and even waterproof film that'll keep dirt and bacteria out of your nasty cut or irritating scrape for as long as you need it to.

It's flexible, hardy and comfortable, and it even sprays on upside down. The breathable light film slowly disappears over time, so there's no changing a dressing every day, or pretending it doesn't hurt when you rip off the tape. Think of it almost as a second skin… that just so happens to be healing you.

This is not a keep-it-in-your-gym-bag-but-don't-show-anyone kind of plaster. This is the kind of plaster that'll make you feel like an indestructible superhero.

We've got you covered:

- No sticky mess
- Flexible: moves with your body
- Waterproof
- Breathable film
- Aids natural healing
- 70 applications per bottle

No. 1 First Aid Dressing in SA*

Elastoplast



BUZZ FEEDER

Orchard fruits & green tea syrup



METHOD

This sweet snack restocks your energy reserves. Prep it a day in advance and dig in after a sweaty session to get back on form faster.

❶ First, the stamina-building syrup: bring a pan of water to the boil with the honey, zest, juice and spices. Add tea bags.

❷ After two minutes, remove from the heat and pour into a bowl with the fruit. "Leave it in a cool room for 24 hours," says Knight. "The flavour develops over time."

❸ Once the fruit has soaked, toast the almonds on a tray: four minutes at 150° should give them a nice, golden hue.

❹ Finish off your dish by serving the juicy fruits with a topping of yoghurt – for minerals – plus the almonds for a final dose of blood sugar-levelling fibre. ***Serves 4***

YOU'LL NEED

- **2 CUPS** WATER
- **1TBSP** HONEY
- **½** LEMON ZEST AND JUICE
- **½** ORANGE ZEST AND JUICE
- **1** CINNAMON STICK
- **1** VANILLA POD
- **1** STAR ANISE
- **2 BAGS** GREEN TEA
- **125G** EACH SEMI-DRIED APRICOTS, PRUNES, FIGS AND APPLE RINGS
- **80G** ALMONDS, FLAKED
- **1 DOLLOP** PER BOWL PLAIN YOGHURT

R30 PER HEAD

1880 KILOJOULES

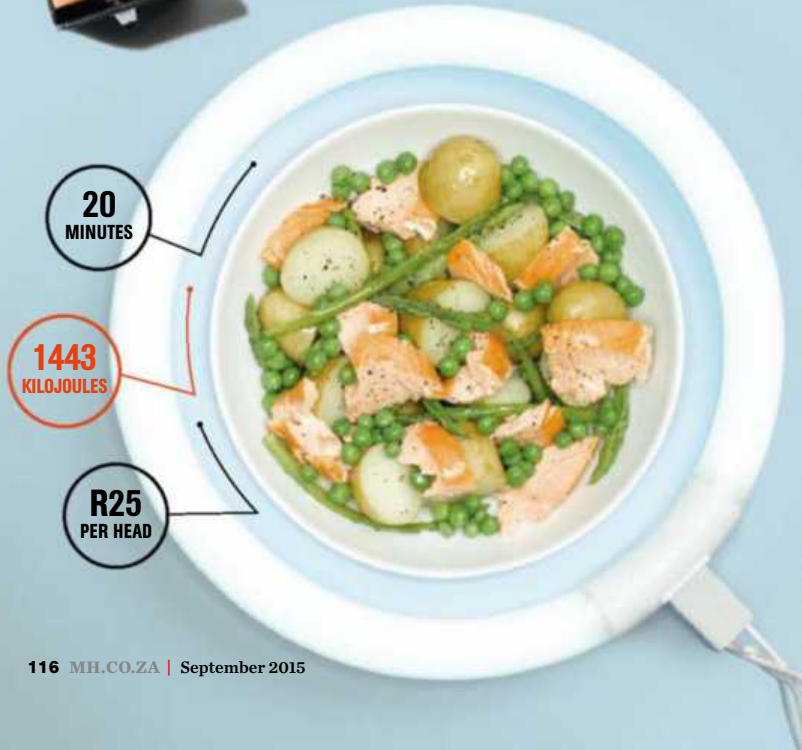
5 MINUTES

Add wattage to your dishes to make your day more fruitful



MAINS POWER

Hot smoked salmon & spud salad



20 MINUTES

1443 KILOJOULES

R25 PER HEAD

METHOD

Swap feeble microwaveable meals for this Tupperware-friendly fish dish. It will sustain you through the afternoon, with no slumps or emergency espresso stops.

❶ Pop the new potatoes in a pan of cold water with butter, mint and salt. "It removes bitterness and adds flavour," says Knight. Bring to the boil; simmer for 10 minutes.

❷ Bend the tough ends of the asparagus until they break off. Then use a veg peeler to slice each spear from tip to base. Blanch the asparagus and boil the peas. "Don't add salt; it'll toughen them up," says Knight.

❸ Finally, flake the fillets, which is the technical term for 'using a fork to break the salmon into chunks'. When the potatoes are cool to the touch, halve them. Gently toss everything together and season with plenty of cracked black pepper and a squeeze of lemon. Plate up a portion and tub the rest. You can face tomorrow on full-charge. ***Serves 4***

YOU'LL NEED

- **500G** POTATOES, WASHED
- **50G** BUTTER
- **4 SPRIGS** FRESH MINT
- **1 BUNCH** ASPARAGUS
- **125G** PEAS, PODDED
- **4** HOT SMOKED SALMON FILLETS, PRE-COOKED AND SKIN REMOVED
- **1TBSP** LEMON JUICE
- SALT AND BLACK PEPPER, TO TASTE

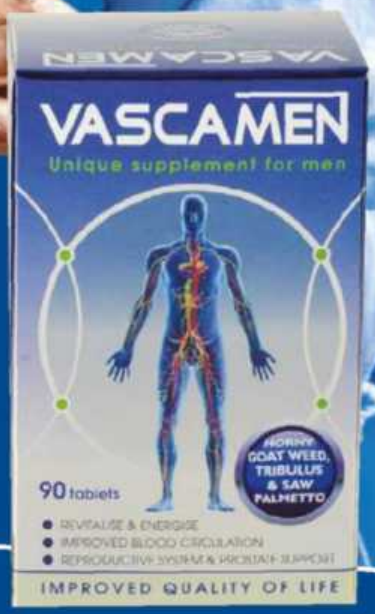
Reclaim your sexual confidence



Vascamen has been developed especially for men to maintain and improve their quality of life. When the circulatory systems starts deteriorating and blood circulation in the body is impaired as one grows older, you may find that your energy levels reduce, your libido decreases and hair loss and prostate problems start to develop. Even your vitality, stamina and vigour may not be what it used to be.

Vascamen's unique combination of carefully selected herbs , may improve your libido, promote a healthy prostate and urinary system and increase your blood circulation. Vascamen should be taken daily.

Vascamen is available from Dis-Chem, Clicks and your pharmacy.

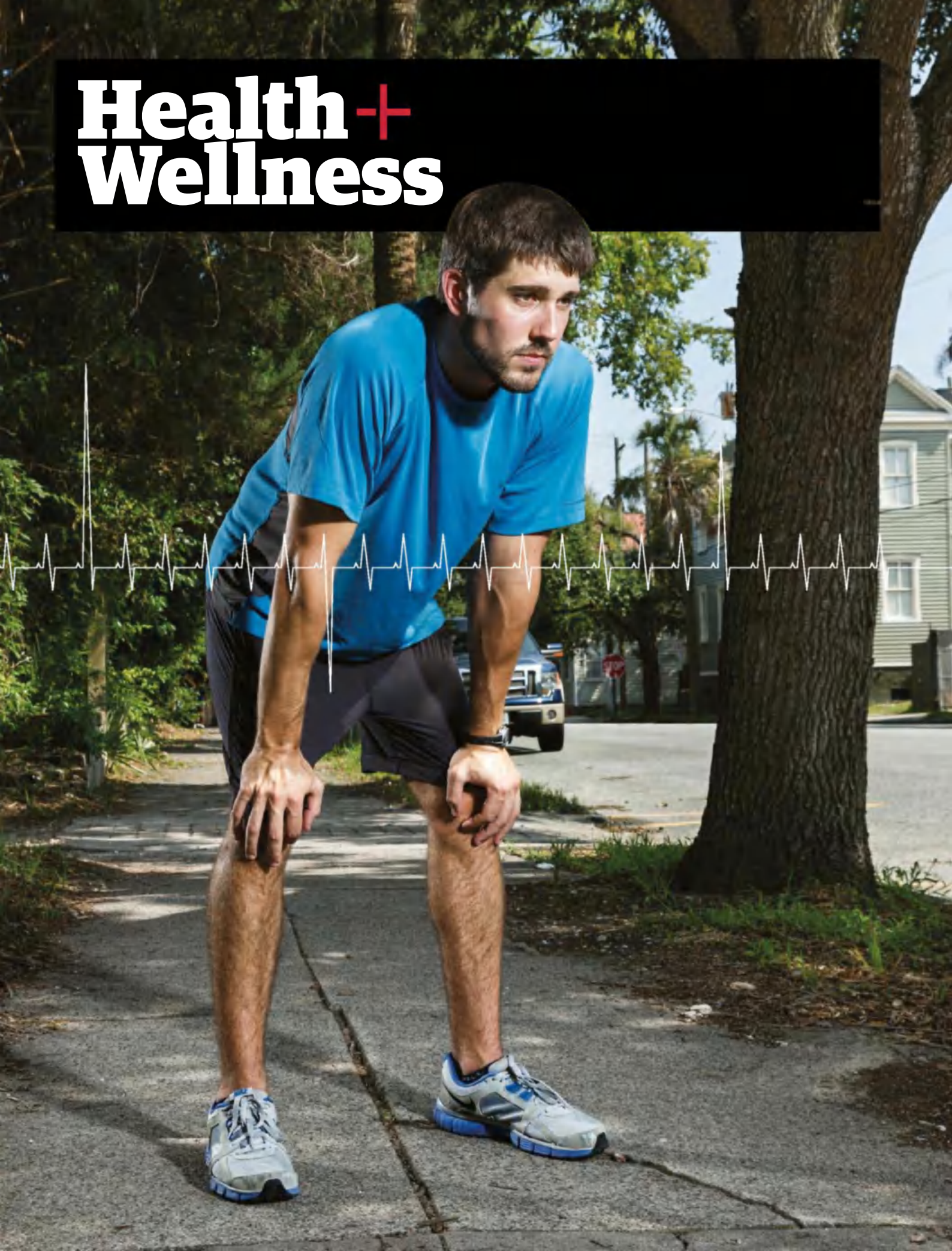


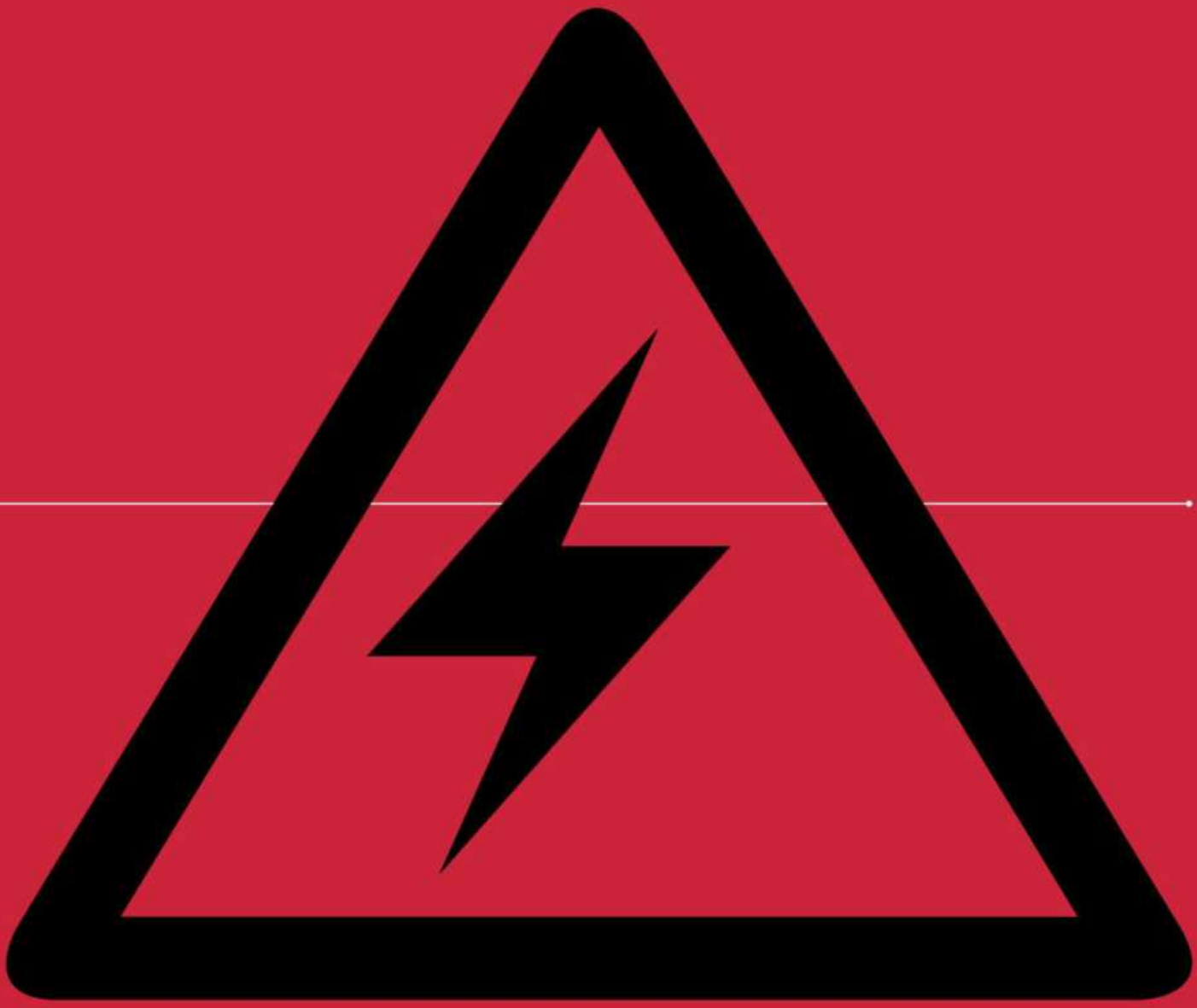
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Health + Wellness





The Young Man's Heartstopper

Most men think that if you're fit and under 50, you're safe from a heart attack. They're wrong. What's more, another cardiac killer is out there... and it's ambushing them when they feel most invincible.

BY MARY BRADLEY



JAMES HILLMAN was on course to beat his PB when he collapsed

JAMES HILLMAN, A 47-YEAR-OLD FATHER OF TWO, WAS AT THE TOP of this game last December when he started a 23km qualifying race for the surfski Cape Point Challenge. "I'd done the same race two weeks before and missed the cut-off by an agonising two minutes," he says. "So the pressure was on."

James doesn't remember any of what happened from the night before the race until three days later, when he regained consciousness in hospital. His wife Liesl and others pieced it together. Feeling ill with five kilometres to go, he paddled to shore, called Liesl, who was waiting at the finish to fetch him, and collapsed, unconscious.

"He told me he wasn't feeling well and to hurry to the beach," Liesl recalls. "I tried to remain calm, because my kids were in the car. But when a woman called on James' phone, saying he'd passed out and was in trouble, I panicked."

A family taking a stroll had seen James collapse, started CPR and called EMS and Liesl. Liesl and kids arrived to find James being defibrillated. "I couldn't believe my tall, strong husband was lying lifeless on the ground, twitching like a ragdoll with each electrical shock. It was like a horrible dream," she says. "All we could do was pray that James would live, hopefully without any brain damage."

His heart jump-started, the ambulance rushed James to hospital. But the odds weren't good. Cardiologist Dr Thayabran Pillay explains: "Patients like James, who've suffered extensive heart damage and gone so long without oxygen, often don't make it."

When he regained consciousness, doctors pronounced James clear of brain injury, but he was physically weak. For weeks, James was a shadow of his former self. Just walking across a room left him winded.

Regular physical activity is one of the best ways to lower your risk for heart attack and its kissing cousins stroke and sudden cardiac death (SCD), along with a host of other ailments like diabetes, metabolic syndrome, Alzheimer's and hypertension. According to studies cited in a 2012 *Mayo Clinic Review*, people who do regular vigorous exercise are expected to add a whopping seven years to their lifespan, compared to their couch-potato contemporaries.

Cape Town cardiologist Dr Jan Peter Smedema agrees: "Simply by moving on a regular basis, you're giving your health a huge push in the right direction." The problem is, you can be fit yet still have cardiovascular disease (CVD); and, without a screening, you won't even know about it.

Many fit guys, like James, don't think they're at risk of heart disease or heart problems, but they are. They figure that it's a problem for that overweight and sedentary guy they run past in the park. They fail to recognise and even minimise their risk factors for heart disease, stroke and SCD, believing that enough time in the gym or on the trail is all they need for a healthy heart. Worryingly, even athletes and super-active men often discount classic symptoms of heart disease – including muscle pain, fatigue, breathlessness and indigestion – as "normal" byproducts of training or competition. The result is they may delay or avoid medical help when disaster strikes.

They, and their families, if not their doctors, are surprised when they end up in the ER suffering a heart attack or cardiovascular event, or to learn their intense training may have put them at risk for potentially fatal heart problems.

Surfskiing wasn't James' only passion. He was a former lifeguard and coached junior lifesavers at Big Bay Lifesaving Club. He'd also completed the Two Oceans Half-Marathon that same year. "I assumed I must have had a healthy cardiovascular system, because fitness was such a big part of my life," he says. "A heart attack wasn't on my radar when I paddled out that morning." Nevertheless, while an accomplished elite athlete, he displayed classic risk factors for CVD.

HERE'S A SHOCKER: WHILE FITNESS IS A MARKER FOR YOUR health, just because you're fit doesn't mean you're healthy. Ask Craig Pearson. Like James, Craig, an accountant and financial manager, is a lifelong fitness freak and former lifesaver. He'd run the Comrades and multiple road and trail races. But while training for the IronMan with a short run, he felt winded and tightness and discomfort in his left arm and chest. These disappeared when he rested. The rest of that weekend, fatigue dogged him. Even pushing his one-year old on her trike and climbing stairs zapped him.

An endocardiogram (ECG) at his GP a few days later was normal. Weeks later Craig failed an exercise stress test at a cardiologist's. An angiogram showed Craig's arteries were so blocked that, as his doc put it, "he should be in the morgue". Craig underwent emergency quadruple bypass surgery, in which his chest was opened and the narrowed coronary segments bypassed. The recovery was excruciating and he was booked off work for more than ten weeks.

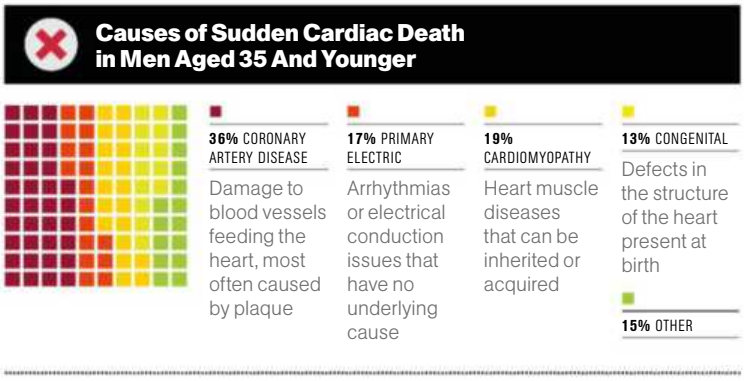
Funnily enough, it's not just dying from CVD that should worry you. Neither Craig nor James died (although James came pretty damn close). If it doesn't kill you, a heart attack can permanently damage heart muscle and limit your quality of performance and your capacity to do basic activities. By contrast, heart arrhythmias increase your risk for stroke that can leave you permanently and extensively disabled.

Six months after his heart attack, James is still recovering. He'll likely regain only 70% of his heart function. The only sign of cognitive impairment is not remembering the days before and after the event. He worries he won't recognise warning signs of another heart attack, should he have one.

For Craig, bypass surgery was both emotionally challenging and physically gruelling, and his recovery interrupted bonding with his young daughter. "My mood suffered after surgery. I couldn't lift or play actively with her for months."

James and Craig are the lucky ones. They're alive and using the knowledge of heart disease diagnosis, to make lifestyle changes to prevent further heart problems and improve overall health.

SUDDEN DEATH DURING EXERCISE IS uncommon. A 2012 article in the *New England Journal of Medicine (NEJM)* summarised how long-distance competitive runners had a 1 in 184 000 chance of cardiac arrest and 1 in 259 000 chance of sudden death; for triathletes it was 1 in 52 630, overwhelmingly in the swimming portion, where drowning was named as a cause. By contrast, among previously healthy middle-aged joggers, the stats are 13 deaths per 100 000 – the last arguably because many joggers are relatively untrained compared to athletes in elite endurance events, and may include those who are overweight.



"I ASSUMED I MUST HAVE HAD A HEALTHY CARDIOVASCULAR SYSTEM, BECAUSE FITNESS WAS SUCH A BIG PART OF MY LIFE. A HEART ATTACK JUST WASN'T ON MY RADAR WHEN I PADDLED OUT THAT MORNING"

Across the board, trained athletes are at a lower risk for CVD and sudden death than non-athletes. In 2015 the *Journal of the American College of Cardiology (JACC)* found that athletes' deaths comprise 5% to 6% of sudden deaths in the general population; according to the *NEJM*, when death occurs among athletes, men are nine times more vulnerable than women.

Despite regular exercise being a longevity-booster, several studies have demonstrated increased risk of SCD and heart attack during strenuous exercise: a 56-fold increase for sedentary people moving it, versus five-fold among trained athletes.

Tim Mehl, a 47-year-old father of two and avid cyclist, was participating earlier this year in a circuit race as part of the Western Province Cycling Association's Winter League. He was the oldest member of his team that included members in their twenties and thirties and, as he says, "I felt proud to lead in sections of the race."

While cycling, Tim had felt pins and needles in his left shoulder. "I discounted the sensation as a part of normal muscle exertion during competition," he says, but, post-race, he experienced what felt like indigestion. "I remember passing turnoffs to several hospitals on my way home, considering stopping at an ER. At home, I lay down and took reflux meds, after which I felt better, and I decided to call my GP to be sure. Luckily she saw me immediately."

She did an ECG, which was normal, and took blood. "I drove away thinking all was okay and I'd been overreacting. But she called later with the results and told me to get to the hospital pronto." Tim's results indicated a recent heart attack and risk of recurrence with potential life-threatening complications. "I was hospitalised, put on blood thinners and underwent an angioplasty three days later, where a stent was inserted in my narrowed coronary artery."

Unsurprisingly, James, Tim and Craig all experienced trouble during or shortly after exercise. It's why you should take seriously any out-of-the-ordinary sensations or symptoms, especially while training or competing.

Symptoms of a heart attack vary and can be widely different from one person to another. They may include, alone or in combination, fatigue or exhaustion (which characterised Craig's feelings that weekend); breathlessness or intense shortness of breath; light headedness; pain, discomfort or tingling in the chest or shoulder, upper back, neck or jaw (both Tim and Craig experienced this); fluttering, racing, pounding or rumbling of the heart; indigestion or reflux (of the kind Tim felt); nausea or feeling unwell; sweating; a general sense of anxiety or impending doom (Tim and Craig suspected something out of whack and called their doctors).

OPENING PHOTOGRAPH NICK RUECHEL SIDEBAR SOURCE CIRCULATION

ALL THREE OF THESE MEN WERE BLINDsided, in part, because they believed their activity provided an outsized immunity to CVD. "I didn't smoke or have high blood pressure," says James. "I'd been lowering my mildly elevated cholesterol with diet before my heart attack. My dad struggled with heart disease, but I figured I ate better and was fitter than him."

According to the *JACC*, when deaths occur among athletes, they occur overwhelmingly in those aged 35 and over with the greatest spike between ages 40 and 50. The authors explain that middle-age and older athletes "...are more vulnerable to misconceptions regarding the cardiovascular effects of sports."

Risk factors for heart disease include family history, age, being overweight especially belly fat; smoking; high blood pressure; high LDL or low HDL cholesterol; diabetes and metabolic syndrome; poor diet; inflammation, inactivity; sleep apnea and stress.

The Heart and Stroke Foundation recommends that everyone, athlete or not, should ensure minimum screening with a medical checkup that includes a talk about family history. You should also have blood sugar and cholesterol tests every five years if normal, and if you're over 45 or overweight, check your cholesterol and blood sugar annually. Blood pressure has a tendency to sneak up on you unexpectedly and should be tested each year too.

Another thing to bear in mind, says Gabriel Eksteen of the Heart and Stroke Foundation, is ethnicity. "Certain ethnic groups in South Africa, whether for cultural or genetic reasons, have higher risk for coronary artery disease. These include South Africans of Indian, Dutch-Afrikaans and Jewish descent. Black South Africans are at increased risk of high blood pressure."

In November 2013 Roux Geustyn, a 50-year-old former Comrades runner, undertook the three-day staged mountain bike Wines-2-Wales Race. During day one, Roux struggled. "I felt exhausted, like I was getting flu or my hernia was acting up. During the portage section, a friend carried my bike so I could rest. I visited the first-aid tent twice to complain about feeling bad."

No heartbeat abnormalities detected, Roux was advised to go to hospital, which he did that evening. "A heart attack was the furthest thing from my mind," he says.

Nevertheless, tests showed he'd had one, sustaining considerable damage to the heart muscle. He also had severe atherosclerosis. The cardiologist inserted three stents and Roux spent a week in hospital. Tests showed he'd suffered a limited heart attack and that a large coronary artery had been crucially narrowed, resulting in reduced pump function of his heart muscle.

James, Tim and Craig all had family histories of CVD, while Roux's maternal side had high blood-pressure and he was of Dutch Afrikaans heritage. James had discounted family history because of his active lifestyle. That may have been a mistake.

But Craig's big mistake was his pack-a-day habit. While he was only 38 when he had his heart attack and bypass, he was a heavy smoker with raised triglycerides (blood fats). "Increased age is a major risk for CVD because, over time, effects of bad (or less-than-optimal) lifestyle habits accumulate," says Gabriel Eksteen. "But while you can't change your age, you can change how you age."

Today Craig is back training for the IronMan, has stopped smoking and routinely monitors his diet and nutritional status. Tim, who says he had a relatively healthy diet before his heart attack, has cut out sugary drinks and watches his diet closely. James realises being active doesn't give a free pass when it comes to your diet and cardiovascular health.



ROUX GEUSTYN was in the middle of a bike race when he felt weak. The next day, he heard he'd had a heart attack

Inflammation is routinely an underlying factor when looking at remaining risk factors for CVD including smoking, diabetes, LDL cholesterol, stress and poor diet. Pillay warns that "stable atherosclerotic plaques can exist for years without incident but, if inflammation is present, vulnerable LDL-filled plaques can destabilise. Clotting can then occur, increasing risk for heart attack and stroke."

Professor Tim Noakes is a pioneer in, among other things, the study of sudden death in athletes. "The extent of atherosclerosis is not indicative of a fatal heart attack," he says. "Autopsies have shown that damage and inflammation in smaller blood vessels with only minor atherosclerotic plaques can precipitate a fatal heart attack. The necessary ingredient is inflammation." Luckily, inflammation can be controlled through diet and lifestyle.

Stress, whether emotional or physical, can also increase your risk for CVD. Physical or emotional stressors (whether that's aerobic exercise, caffeine or bad traffic) kick-start your sympathetic nervous system, which releases stress hormones that, in turn, raise your heart rate and blood pressure. The problem occurs when stress is chronic or repeated, and your hormones and heart rate remain elevated.

Roux recalls that at the time of this heart attack, work pressure was particularly intense, with several projects on the go at the same time. James, whose job as head of planned shutdowns at the Koeberg nuclear facility is probably the dictionary definition of work-related stress, has learnt since his incident to delegate more and not "sweat the small stuff".

UCT physiologist Laurie Rauch has studied the issue of athletes who chronically activate their sympathetic nervous system. "Athletes over 40 – if not younger – should incorporate exercise that regularly activates the parasympathetic nervous system," he advises, "to counter sympathetic arousal that endurance aerobic exercise promotes. Meditation, breath practice, Tai chi, Qi Gong and yoga are all good cross-training options."

These guys are all career-driven high-achievers who succeed at work and on the field. Stress, by nature, defines their lives. It also may have contributed to their heart problems.

THERE'S GROWING EVIDENCE TO SUGGEST THAT MANY MEN SUFFER HEART CONDITIONS NOT DESPITE THEIR REGULAR EXERCISE, BUT BECAUSE OF IT



BRETT VAN COLLER'S intense training regime might have caused his heart arrhythmia

BUT HERE'S THE REAL QUESTION: CAN YOU EXERCISE TOO MUCH FOR YOUR HEART? Growing evidence, from research and reality, suggest yes. Brett van Coller, age 43 and father of two, is a longtime sportsman. He played provincial rugby and has run the Comrades and Hawaii IronMan, and completed the legendary Cape Epic. He seldom slowed when it came to competitive endurance sports until an ECG for his deep-water diving certification showed abnormal heart rhythms. Further tests revealed Brett had an enlarged heart – typical of endurance athletes – but, more disturbingly, there was scarring that potentially could affect heart function. "My cardiologist advised I dial back the physical activity and dampen the stress," he says. "Slowing down was hard for me, as I was used to training hard."

After three months foregoing intense workouts and reducing stress, including coffee intake and recalibrating his work/relaxation ratio, Brett's heartbeat and morphology normalised. "I've resumed training, but am more restrained," he says. "I spend more time with my sons than ever. I now do sports for fun, not to win."

When Your Heart Hiccups

Your ticker isn't a Swiss timepiece. Sometimes it behaves in a perfectly normal abnormal way. Here's when you do and don't need to worry

Regular Heartbeat



Atria

Ventricles

Electrical signals trigger your ventricles to contract and pump blood

Ventricular Fibrillation



Disorganised electrical signals cause the ventricles to quiver rather than contract

Heart disturbances like skipped beats and fluttering sensations can feel like the door knocks of doom. "These palpitations are usually benign in otherwise healthy people," says Dr Joseph Marine, an associate director of arrhythmia services at Johns Hopkins. Even so, you should have your physician check the following offbeat behaviour.

PALPITATIONS WITH...

- A RACING SENSATION THAT LASTS 5 SEC OR LONGER
- FAINTING OR NEAR FAINTING
- CHEST PRESSURE OR PAIN
- SEVERE SHORTNESS OF BREATH
- SIGNIFICANT SWEATING
- A VERY ABRUPT START OR FINISH

Longtime endurance athletes are five times more likely to suffer heart arrhythmias, which can raise the risk of stroke and SCD. Brett is an example of this – which is why his cardiologist was worried by his ECG.

Even in healthy circumstances, strenuous endurance exercise can remodel the heart. "Different sports, like long-distance cycling and ultra-marathons, show distinct patterns of heart enlargement and, it follows, distinct arrhythmias," says Dr Smedema.

As well as changes in heart volume, the heartbeat of well-trained endurance athletes generally is much slower than non-trained adults, dropping from a normal 60 BPM to 40 or, in some cases, 20 BPM. These changes can be benign, although recent research from Dr James O'Keefe and others in the US has found that scarring, stiffening of coronary arteries and other changes can occur with excess endurance exercise. With extended rest, the heart can return to its normal size and, as was shown with Brett, the scarring and arrhythmia can resolve.

While O'Keefe is a keen advocate of exercise, he has become a proponent of the dangers of excess endurance exercise for long-term heart health. Like Laurie Rauch, he advocates ramping it back at a certain age and mixing it up with perhaps some yoga and smelling the roses – instead of reaching the finish line before your time.

By exercising regularly, you're doing one of the best things you can for your long-term health. But while exercise lowers you risk for CVD and SCD, it doesn't make you immune. Whether you exercise or not, you should recognise your risks for CVD and minimise the ones you can (inflammation, high blood pressure, stress), while monitoring the ones you cannot (age, family history).

Any athletic man who wants to be seriously in the game for years to come owes it to himself, his loved ones and his pursuit of excellence to get to the heart of the matter. MH

Are You Wired to Survive?

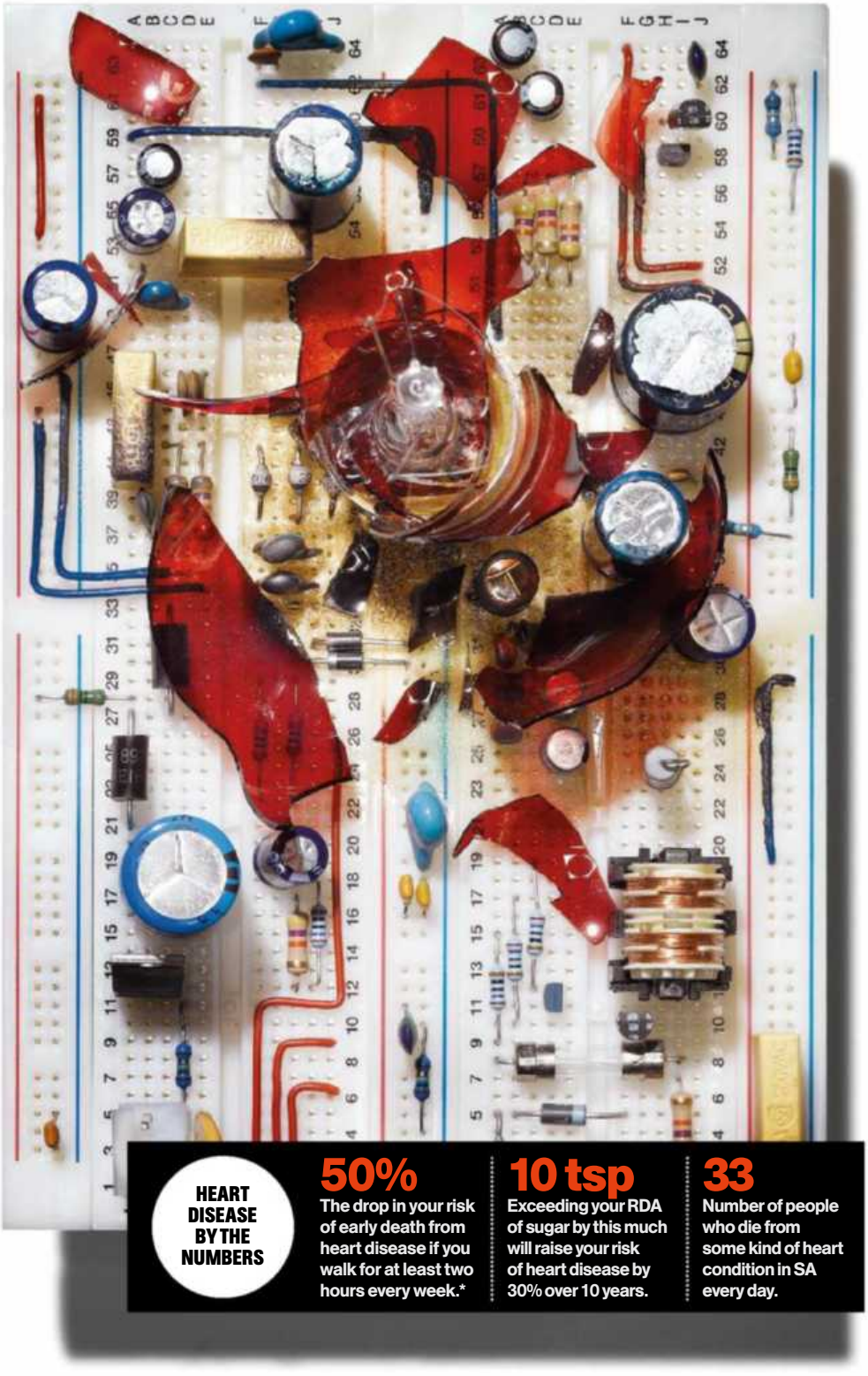
Heart disease is man's biggest killer, yet we're oddly glib about its dangers. Don't let your circuit break too soon

BY MIKE SHALLCROSS
PHOTOGRAPHS LOUISA PARRY

RECENTLY I TRIED TO RECONNECT WITH an old friend using Google, and found myself reading his obituary. Dead of a heart attack at 50.

Joe was a warm, funny and modest man who worked with one of my best friends. He was a few years older than we were, but the three of us hung out pretty regularly, with him often playing dad to deter some act of idiocy. I'd like to tell you there was a crazy road trip to Mozambique in there, but generally we stuck to what twenty-something guys in poorly paid jobs have done for generations: talked shit, propped up bars and went to some awful rugby matches. Then the three of us moved jobs, settled down and lost touch. Which bring us to today-ish, when I had to delete the piss-taking email I'd drafted and take a metaphorical gut punch. Maybe it was time to reconsider my blasé attitude towards the seemingly tireless muscle in my chest.

Heart disease is like the U2 of death: it's been bigger than anything else for as long as you can remember, and as such is oddly dull. Compared to neurodegenerative disorders or cancer it feels almost, well, benign. Better the quick exit than the drawn-out decline.



HEART DISEASE BY THE NUMBERS

50%
The drop in your risk of early death from heart disease if you walk for at least two hours every week.*

10 tsp
Exceeding your RDA of sugar by this much will raise your risk of heart disease by 30% over 10 years.

33
Number of people who die from some kind of heart condition in SA every day.

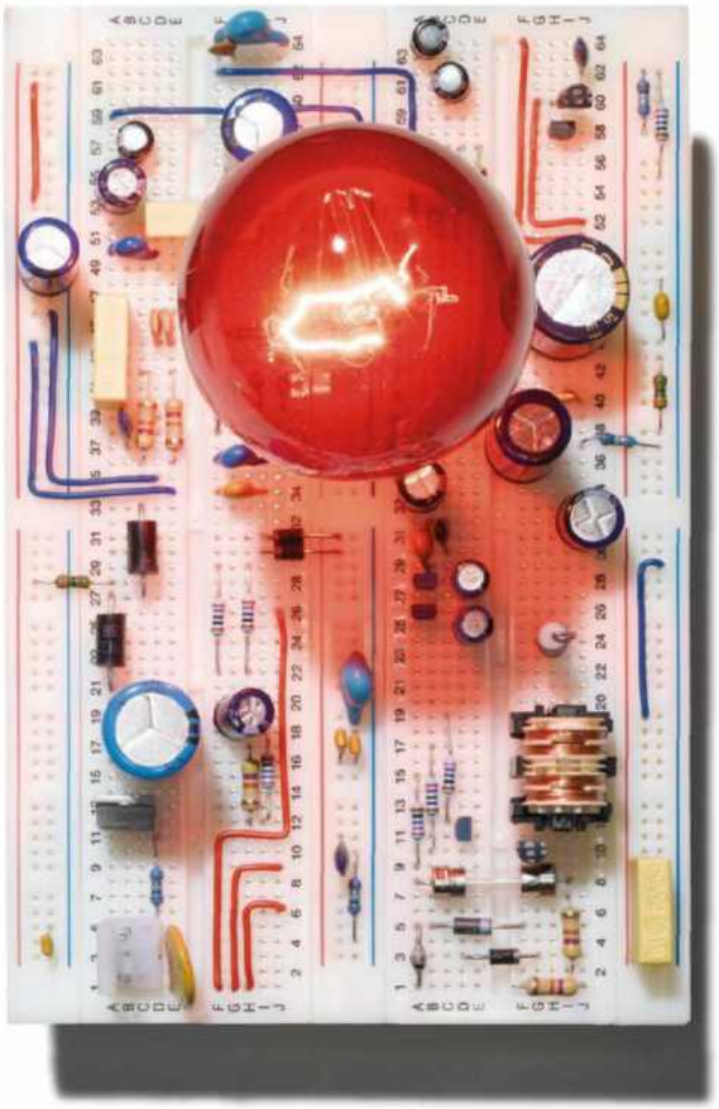
Young at Heart

Unfortunately heart disease is singularly lacking in chivalry. It doesn't just usher off the odd old-timer with all his affairs in order. As a killer of under-75s, it has been in decline since the early 80s, but – according the Heart and Stroke Foundation – about 130 heart attacks and 240 strokes occur every day in South Africa. Do the maths: 10 South Africans suffer a stroke and five have a heart attack every hour. Those are friends, husbands and fathers of young children who largely won't have seen it coming. And, at the younger end of that scale, it's largely men.

"In under-50s, death from heart disease is three times more common among men than women," says Dr David Warriner, senior registrar in cardiology. "Oestrogen has a protective effect, but men are also more likely to engage in unhealthy behaviours and more prone to belly fat."

Heart disease straddles a number of potentially fatal conditions, but most victims die from one of two things. First: the classic heart attack (a.k.a. myocardial infarction). Most of us are aware of how it works – it's a plumbing issue. Plaque builds up in a coronary artery and the heart is

deprived of oxygen-rich blood. If you're having a heart attack, you'll probably know all about it: a crushing pain in the centre of your chest, which may radiate out to your arms, stomach or jaw, plus nausea or dizziness. If this happens, call an ambulance. As Warriner puts it, "I would rather discharge an embarrassed healthy man with simple indigestion than try to resuscitate a proud dead guy."



A Glitch in the System

The second variant of heart disease-related fatality is less understood and even more devastating. A cardiac arrest is a wiring issue, a disruption in the finely balanced electrical circuit that keeps your blood moving around the body. I'd like to give you some warning signs, but you won't get to the phone. With the brain deprived of oxygen, a human will collapse within seconds and, if untreated, could die in a matter of minutes.

Hence the importance of a working knowledge of CPR [*see sidebar*]. This was what happened to the former Bolton Wanderers soccer player Fabrice Muamba after he collapsed during a match at Spurs. His recovery was miraculous. Despite receiving 14 shocks from a defibrillator, his heart stopped beating for a full 78 minutes before medics managed to bring him back to life.

Cutting your risk of a heart attack is relatively simple, according to the Heart and Stroke Foundation: quit smoking, drink moderately, follow the Mediterranean diet (it's still cautious about rehabilitating saturated fat) and do a bit of exercise. It's the sort of off-the-peg healthy living you're already doing, aren't you?

"There is also a risk, from other lifestyle choices," says Warriner, "such as eating a surfeit of refined sugars, drug use – particularly speed and cocaine – and the use of anabolic steroids or growth hormones." Again, probably nothing that you've been confusing with your flaxseed.

In the case of cardiac arrest, reducing your chances of an actual heart attack will lower your risk, but there are some things that are beyond your control. Very often it will be caused by a congenital heart defect, so look to your family history for deaths, not just from cardiac arrest, but also for single-driver car crashes, unexplained drownings of strong swimmers and cot death (SIDS). Arrhythmia (irregular heartbeat) can be another tell-tale sign. If in doubt, check it out. I guess if there's a moral here, it's keep in touch with your friends. But also to get in touch with your own body.

IF THERE'S A MORAL HERE, IT'S STAY IN TOUCH WITH YOUR FRIENDS – AND GET IN TOUCH WITH YOUR OWN BODY

Maybe your heart will eventually fail you, but you should have many more laps in you yet. MH

THE EVERYMAN GUIDE TO CPR

NOT ENTIRELY EQUIPPED TO SAVE A VICTIM OF CARDIAC ARREST? THIS CHEAT SHEET COULD PROVE A LIFESAVER

A person collapses. What do you do? Two things: call an ambulance and start chest compressions. Note we didn't mention mouth-to-mouth: research shows chest-only CPR improves a person's odds of surviving with brain function intact.

"Oxygen remains in the blood following the last breath," says Michael Sayre, professor of emergency medicine at the University of Washington. "You just need to circulate this blood until the paramedics arrive."

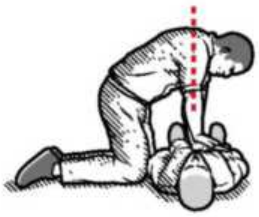
STEP 01

Place the heel of one hand on the sternum (right in the centre of the chest), then place your other hand on top and interlace your fingers.



STEP 02

Using your bodyweight, push straight down on their chest by at least 5cm. To get the right rhythm, the British Heart Foundation suggests singing the Bee Gees' "Stayin' Alive" – it'll help you target the ideal rate of just over 100 chest compressions a minute.



ILLUSTRATIONS MATIUS GRIECK **SIDEBAR SOURCES** WORLD HEART FEDERATION; HARVARD SCHOOL OF PUBLIC HEALTH; MEDICAL RESEARCH COUNCIL

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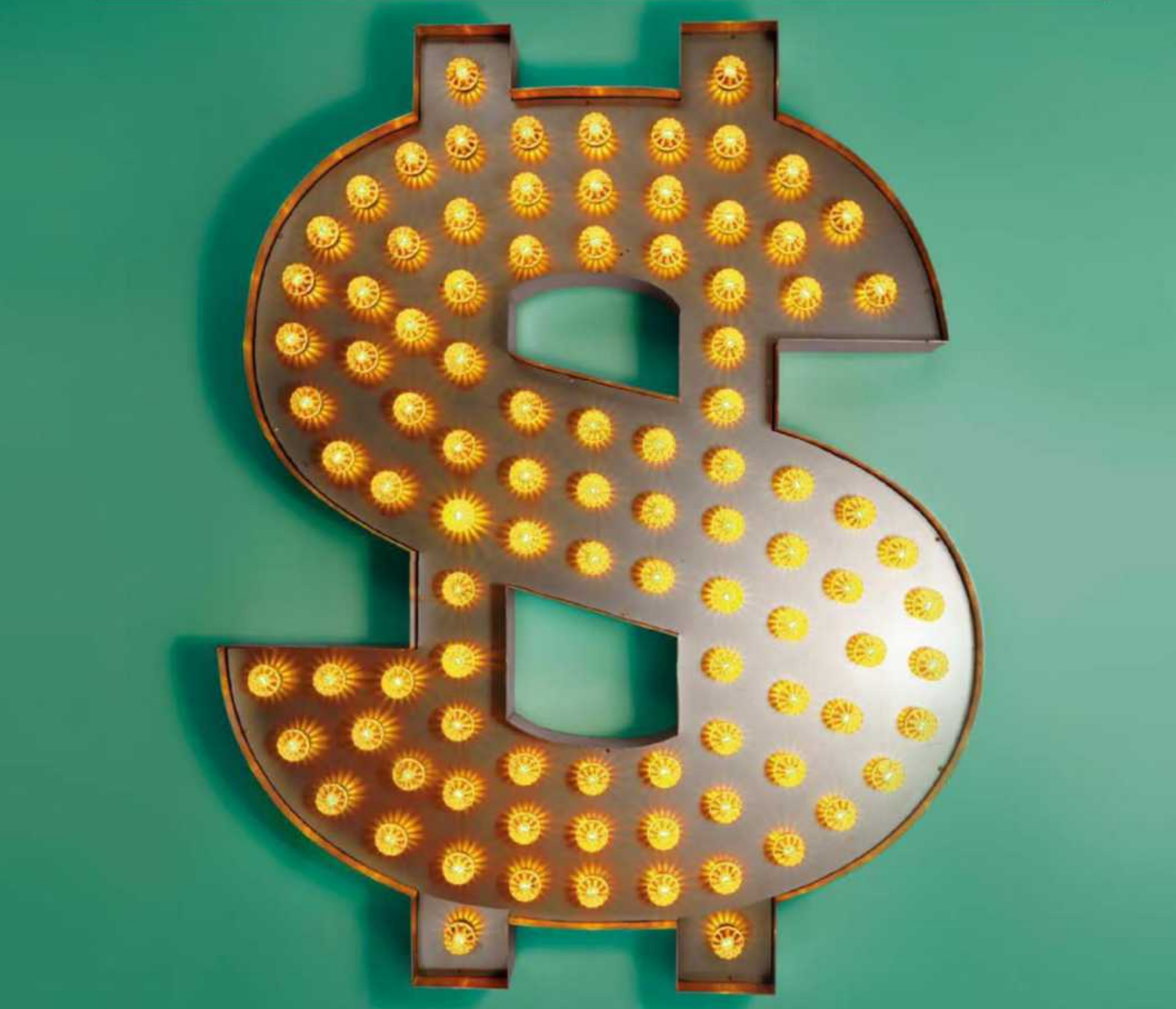


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Success + Money



Business Lessons from Rappers

If hip-hop artit know anything, it'$ how to take care of bi'ne$$. Employ the method$ of muic' bigge$t mogul$ and $elf-aggrandi$er$ to en$ure you're making mo' money, no problem

BY TOM BANHAM / PHOTOGRAPHY ROBYN VICKERS / ILLUSTRATIONS NICK HARDCASTLE



Punch higher for a fistful of dollars

THE SMOOTHEST BUSINESS MOVES IN HIP-HOP

CASH RULES EVERYTHING AROUND MCs. TAKE INSPIRATION AND MAKE SURE YOU'RE PAID IN FULL

IN 2005, JAY Z RAPPED, "I'M NOT a businessman, I'm a business, man". He may have 99 problems but, as this lyric hints, cash flow ain't one. Jay is worth an estimated R6-billion with a business portfolio that spans media companies, fashion and sports ownership. His is an empire-building state of mind and, like diamond grills, it's common in hip-hop. The street-forged hunger for wealth has made the world's best rappers some of the world's best businessmen. Here, *MH* brings them together with a posse of business analysts to give you the plan to make notoriously B.I.G. money.

WHO?	MIND ON HIS MONEY	HOW TO KEEP IT REAL	MONEY ON HIS MIND
P. DIDDY 	When Diddy took a 50% stake in premium vodka Cîroc, it was selling 60 000 bottles a year. He made it an A-list party staple, and in five years it was shifting 2.1-million. Gents, raise a glass.	We're more motivated to work on projects we have a personal stake in, says Dr Heidi Grant Halvorson. If you can't afford to buy shares, make an emotional investment instead by telling family that you're leading a project. Failure won't be an option.	One of Diddy's many lavish purchases is a R800-million yacht.
DR DRE 	Beats by Dre launched a multimillion-dollar headphone market. Branded cans are now a bigger hip-hop staple than hydraulics on your suspension.	Dre's studio rep influences how we see his headphones, says Daniel Ariely, professor of psychology at Duke University. Link your accomplishments to future responsibilities to ensure you're associated with success.	In 2012 Dre bought a R195-million home in the Hollywood Hills.
MASTER P 	The original hip-hop business mogul, Master P invested his record label earnings into everything from a phone sex line to a sports management company.	Spreading your investments minimises risk, says advisor Ben Yearsley. "If all your money's in tech, and the sector crashes, all your investments crash." Go for unrelated sectors and different territories.	P forked out on a quartet of diamond encrusted rims, at R3.1-million a pop.
TUPAC 	The rapper's murder in 1996 marked the low-point in hip-hop's east-west feud, but it spiked his album sales. Seven of Tupac's platinum records have been posthumous.	Scarcity sells. Things in short supply are worth twice as much. It works for both limited-edition products and your time. Claim your schedule's too busy for meetings over 15 minutes to leave people wanting more.	Tupac's mother co-manages his estate, and profits fund his arts charity.



NINE BULLET POINTS FROM 50 CENT

FIDDY HAS GONE FROM TROUBLE MAGNET TO RAP MAGNATE. HERE'S HOW YOU CAN GET RICH – NO DYIN' TRYING

1

"Small steps bring big changes"

You can't go straight from the dangerous streets to superstardom. Break goals into achievable steps – our brains find it easier to tick off concrete objectives than abstract aims, says Halvorson, author of *Nine Things Successful People Do Differently.* Instead of "do better at work," start with "pitch five ideas at team meetings". Pitchin'.

2

"Be fearless"

A Cambridge University study found successful entrepreneurs assess danger in the same way as teenage boys, with both more willing to take risks. For Fiddy that meant battling gun-toting crack dealers; for you, employ dangerous boardroom tactics like speaking out of turn, occasionally challenging your boss and taking big gambles. Pimping never was easy.

3

"Be disciplined in every part of your life"

When Mr Cent rebuilt his career he also took his body from bullet-battling rehab to a pimping physique. Exerting that willpower boosts discipline elsewhere. Macquarie University found people who took up weight training were more likely to improve in other aspects of their life. Pump iron before you hit the office so you're always packing for that meeting.

4

"Know when to be bad"

With a rap sheet including drugs, weapons possession and assault, 50 knows how to be ruthless. Putting an Uzi in your lunchbox isn't wise, but office arguments aren't always bad. Ensure they're private, focus on business, then allow your more gangsta side out. By which we mean: don't be afraid to argue your case with a slightly raised voice.

5

"Some day everybody faces a bullet with their name on it"

Fiddy has what Halvorson calls a "promotion" mindset – he's motivated by achieving goals, not avoiding failures. Reframe risks as objectives. "Don't go over budget" becomes "reduce costs by 10%." Besides, a drive-by from the head of the accounts department is unlikely.

6

"Seek ownership, not money"

Fiddy turned record sales into a label, a boxing promotions company and a headphones brand. The money followed. Own at least one project a month and ensure everyone knows it's yours. Being the project-completer is golden. Halvorson says exposure is key to workplace image.

7

"Don't listen to people who try to slow you down"

Ignore criticism. Frustration from your boss doesn't mean he hates you; separate the message from the emotion and examine it objectively later in the day. Remove the insults and you'll be left with some useful advice.

8

"Turn shit into sugar"

When his label dropped him, 50 Cent made mixtapes, one of which wound up in Eminem's office, leading to a massive deal. If a project goes awry, hold your hands up and offer solutions, says David Pardey from The Institute of Leadership & Management.

9

"Your opinion of yourself becomes your reality"

If you want Yeezus levels of confidence, fake it till you make it. Harvard University found adopting a "power pose" for two minutes boosts testosterone by 20%, increasing job performance. Think fists on hips, not gang signs.

NAS

"No Ideas Original"

"WHAT YOU BASE YOUR HAPPINESS AROUND? MATERIAL, WOMEN, AND LARGE PAPER. THAT MEANS YOU INFERIOR, NOT MAJOR"

Research in *Review of Public Personnel* found focusing on salary brought three times less job satisfaction. Seek out work you find meaningful, and the plaudits will follow, yo.

KENDRICK LAMAR

"Solo Dolo Pt II"

"PONDERING MY NEXT ACCOMPLISHMENTS,IT'S CONDESCENDING TO SAY I WON"

Always think of a win as a step towards another win, but don't let it make you overconfident. Celebrate, then approach your manager and request more responsibility.

BIG K.R.I.T.

"Boobie Miles"

"YOU GOTTA PLAY UNTIL THE END. THE ONLY DIFFERENCE BETWEEN A WINNER AND A LOSER IS A WINNER PLAYS UNTIL HE WINS"

See failures as learning opportunities. What went wrong? Which elements worked? Most people quit before the finish line, not realising that it's right round the corner.



Jay Z VS Kanye

THE BOARDROOM RAP BATTLE

BOTH HAVE TRANSCENDED THE RECORDING STUDIO TO FORGE EXPANSIVE BUSINESS EMPIRES. BUT WHICH HAS THE BETTER GAME TO SNATCH THE THRONE?

FOUNDED 40/40 CLUB

Jay starts strong. His luxury sports bar is said to rake in R120-million a year and Hova is planning expansions in London and the Far East. He may not rap about it, but his portfolio diversity is crazy right now.

OPENED FATBURGER

West's counter is weaker. The two burger franchise restaurants KW Foods opened in his Chicago hometown were shuttered within four years. A varsity dropout who can't even work in fast food... Yeezus.

FOUNDED ROCAWEAR

The vicious battle continues with Carter's clothing line, launched in 1999 and sold eight years later for R2.5-billion. He still sits on the board, and for his "creative input" pockets an estimated R63m a year. Jay's making it rain.

FOUNDED KANYE WEST

Yeezy's flow stumbles with a womenswear line that debuted to barely stifled sniggers from the fashion cognoscenti. Cue foam-mouthed rants that his leather jogging pants weren't taken seriously.

ROC NATION

Jay delivers a body blow with his investment empire. "It lets him expand into an unexplored market," says *Forbes* senior editor Zack O'Malley Greenburg.

DONDA

Kanye's staggering, and his creative agency of "doctors, designers and DJs" isn't helping. Kanye promised a "trillion-dollar company", but it's yet to make a cent.

WINNER! Jay Z

Jay Z's savvy leaves Kanye reeling. "He's built his business across different sectors, so more opportunities are available to him," says professor Anita Elberse of the Harvard Business School. "Success builds success." Capitalise on office victories; there will never be a better time to ask for more seniority, responsibility and yes, money, than after a successful project. Where Kanye's ego ignores advice, Jay Z hangs with people he can learn from and upgrades his mentors regularly."Having the support of influential people at work is vital," says Dr Rob Yeung, author of *How to Win*. Find people with skills you lack to support your development. Throne: taken.





GO PLATINUM

INVESTIN' IN PRECIOUS METALS? GOLDIE LOOKIN CHAIN IS HERE TO HELP

AU

GOLD

"I personally gauge precious metals on how good they are for sword forging," says GLC's Eggsy. "With it being so soft, gold's not good on the combat scene." His caution is wise. Hargreaves Lansdown's senior investment manager Adrian Lowcock warns that gold's value is slowly slipping as the global economy improves. **VERDICT** Hold

AG

SILVER

"Silver bullets are also going to be massive this year," he continues. "The ability to destroy pure evil is a bonus to any investor." Outside the werewolf-killing industries, silver's electronics and industrial applications mean its value goes up when economies grow, says Lowcock. China's continued rise makes it a good bet. **VERDICT** Buy (bullionvault.com)



Drive for success and pimp your rider

PT

PLATINUM

"Its main uses are catalytic converters, jewellery and industry, so hang out with car-loving, jewellery wearing industrialists, like Jeremy Clarkson." Precious metals multinational Johnson Matthey put the global platinum shortage at 17 150kg in 2013, but it's at a six-year low...
VERDICT Hold

CU

COPPER

Eggsy's backing this horse. "It's crap for making swords, but it's gonna make you a bucket-load of cash." He's surely referring to the increased demand fuelled by an expanding construction industry. "Copper's an important building material, so its price will rise as large construction projects launch in our recovering economy," says Lowcock.
VERDICT Buy (fcx.com)

U

URANIUM

"As soon as anyone mentions uranium it tends to get a bit 'nuclear bomby', but it's a good year for war mongers." In truth, since Fukushima, uranium's taken a hammering. But you can buy cheap just as China is looking to expand its nuclear power. Buy stocks in big uranium producers and atomic profits will be yours in a few years.
VERDICT Buy (cameco.com)

PERSONAL BRANDING DOGGY STYLE



THE ONE AND ONLY D-O-DOUBLE-G WENT FROM RAPPER TO FILM STAR TO REGGAE SINGER. HE IS AN EXPERT IN CONSTRUCTING AND EVOLVING A PERSONAL BRAND. TAKE HEED, BIYATCH

1

"Define your brand"

Snoop's brand has had three distinct phases: gangsta, pimp and rastafarian. Each time, Snoop embodied that image completely, adapting his lyrics, appearance and persona. "This ensures people know exactly what you offer," says executive coach William Arruda. Your brand should fill a gap in your 'market'.

If your department lacks client-facing skills, arrange more external meetings. Lacks social media savvy? Do a course. If your company's pimp-free, well, probably best it stays that way.
DOPE RETURN Research at UCLA found that having three things you're known for makes you more persuasive.

2

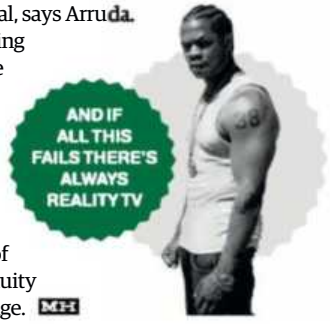
"Communicate your brand"

When he moved into reggae, Snoop had a film crew document his metamorphosis from Dogg to Lion. That brand awareness is vital. "Be visible where decision makers go for information," says Arruda. Ensure that what you put on blogs or LinkedIn is worth paying attention to, such as discussion of industry developments or subtle reminders of your recent achievements. No, not a picture of your new corn rows.
DOPE RETURN As many as 78% of professionals search someone online before they do business with them, according to SiliconCloud. It pays to represent online.

3

"It's evolution, not revolution"

Each time Snoop changes his image, it's a development rather than complete overhaul. Some brand markers (like his taste for herb) remain. This continuity is vital, says Arruda. "Build a bridge between your existing brand and the next phase." If you're known for being creative but not as a team leader, volunteer to lead sessions that will make other people more creative and you'll be seen as a leader, too. Just leave the bong at home.
DOPE RETURN The London School of Marketing found that brand continuity is vital to maintain your public image. MH





Boost Your Salary by R135 000

How much are you really worth? Probably more than you're earning now. Here are six easy ways to help you put more zeros on your payslip

BY K. ALEISHA FETTERS

+R16 103* | +R24 000 | +R17 892 | +R35 786 | +R32 208 | +R8 947 | **+R134 936** PER ANNUM TOTAL

Ask the Boss for a Million Bucks

When asked what kind of salary you're looking for, say "a million rand would be nice." In a University of Idaho study, people who jokingly asked for a whole seven figures ended up with 9% more cash than those who made realistic requests. Why? The figure you throw out, even if it seems absurd, serves as a psychological starting point for counteroffers, says study author Professor Todd Thorsteinson.

Don't Accept the First Offer

"You have every right to negotiate the best offer," says Charisse Drobis, head of Career Management Services at Wits Business School. But you don't want to come off as greedy, so present your asking salary while affirming interest in the position. "Keep in mind your qualifications and experience, the scarcity of your skills and Employment Equity." Check sites like mywage.co.za to find what your experience is worth; it could add a grand or two to your monthly package.

Stop Blowing Off Your Workouts

Think of that gym membership as an investment, not just an expense. People who grind through three or more workouts a week (whether they're overweight or not) earn 10% more than those who don't exercise, a Cleveland State University study found. Of course, those gym sessions could also improve your attitude, energy and even intelligence, the researchers say.

Talk to the Competition

People who jump companies are paid 18 to 20% more than those who climb to similar posts internally, according to a study at the Wharton School of Business in the US. Not ready to move on? You can try to leverage an outside offer for a pay bump at your current job, says study author Matthew Bidwell. But first do some recon: if the gambit failed for former colleagues, you may risk losing favour and trust.

Be the Glove, Not the Punching Bag

Guys who are too agreeable can get screwed. A study from Cornell University in the US reveals that people who are competitive and even arrogant earn 18% more annually than their nice-guy colleagues. Don't be a dick; just know your strengths and stand up for your ideas, says Drobis. "Bullying might work in the short term but long term, it's ultimately career limiting, especially in organisations that need teams to manage multidisciplinary projects."

Buy a Better Razor – and Use It

A well-groomed face makes you appear more professional, according to University of Miami research – and tidy-looking guys bring home up to 5% more bacon than their unshaven colleagues. "Stubble is acceptable in corporate environments, but keep it to a few millimetres and make sure there's no hair on your neck," says Shahnaz Cola Wrensch, a Cape Town stylist. She recommends the electric Braun 1-150 ***(R499, zando.co.za)***

PHOTOGRAPH ISTOCKPHOTO *INCREASE CALCULATIONS ARE BASED ON A SALARY OF R14 911, THE AVERAGE MONTHLY WAGE IN SOUTH AFRICA AS OF DECEMBER 2014, ACCORDING TO TRADINGECONOMICS.COM

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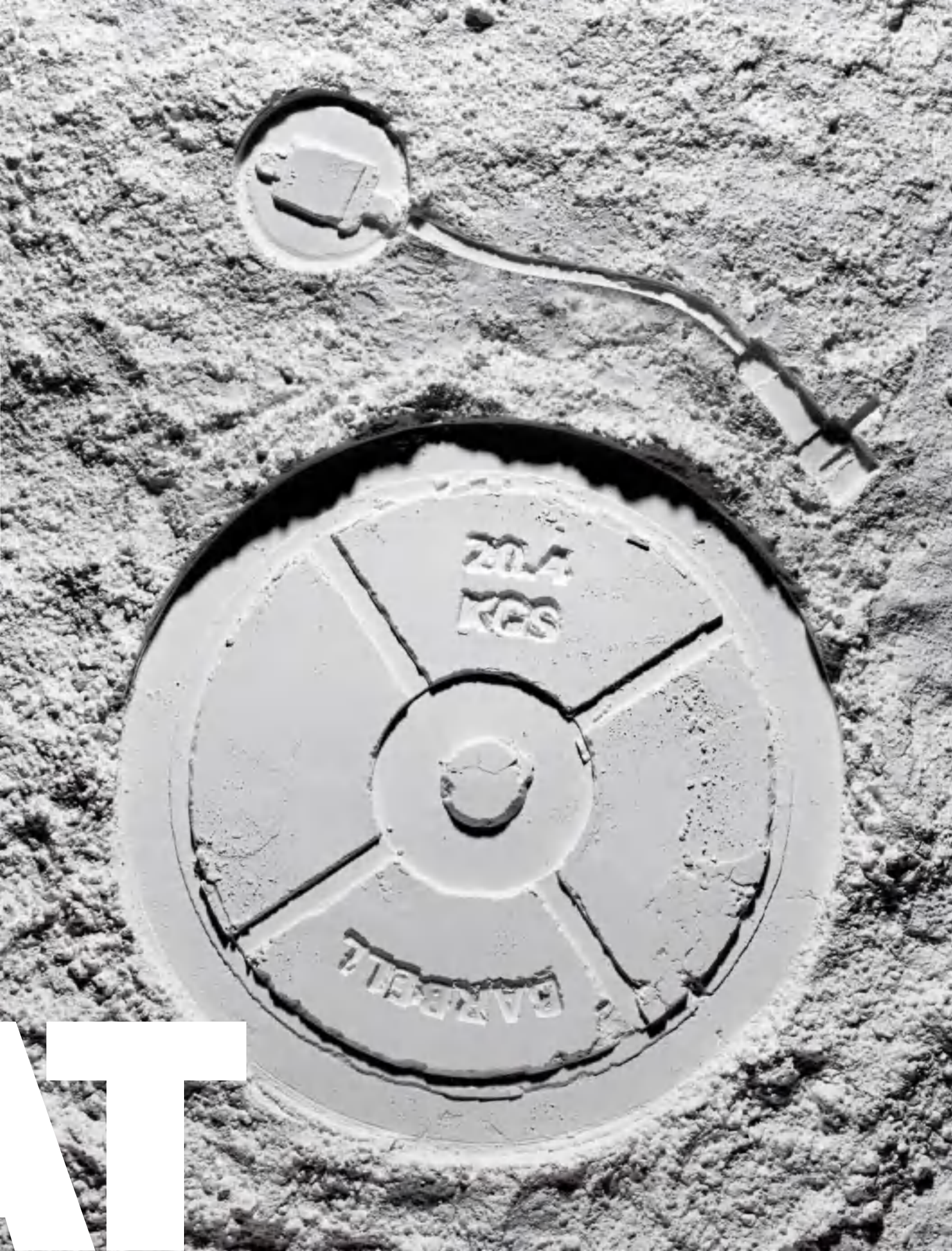
EAT TRAIN RAVE REPEA

The all-night party survival plan...

...from super-fit Superstar DJs

Top of the charts and the rich lists, DJs have progressed from pale unknowns to some of the biggest names in music. But today's hotshots are more likely to be spotted with PTs than shady dealers. *Men's Health* went in search of a new class of rock star

BY DUNCAN DICK
PHOTOGRAPHS JOBE LAWRENSON



NT

ANYONE WHO DOUBTS THAT MEN WITH LAPTOPS and mixers have usurped the pop culture throne once occupied by big, bearded guys wielding guitars need only ask the 5 000-strong crowd going berserk here at London's Brixton Academy tonight. The latest stop on the never-ending global tour of US DJ Steve Aoki, it's a moshpit of flailing arms, euphoric grins, stage-diving and confetti. At one point, Aoki surfs the crowd in an inflatable dinghy; the next he's pelting grinning ravers with cream cakes. Alone on stage but for the company of state-of-the-art graphics displays, laser beams and dry-ice cannons, it's abundantly clear who the rock star is here.

By comparison with some of Aoki's other shows, tonight is actually no big deal. At last year's Tomorrowland festival in Belgium, he played to more than 100 000 people. Dance music has exploded in popularity over the past few years, driven by the world's embrace of electronic dance music (EDM) festivals – essentially, hyper-commercialised versions of what men of a certain age might call "raves". Meanwhile, LED tech and pyrotechnics have turned the usually less-than-riveting sight of a man in headphones twiddling knobs into an audiovisual extravaganza that makes even the biggest rock concert look a little muted.

There was a time, not too long ago, when DJs were no more than anonymous party-starters, spinning records from a dimly lit booth in the corner of a club. The Chemical Brothers famously eulogised the superstar DJ in 1999, but in reality even those with hit singles and household names – the likes of Fatboy Slim, Pete Tong and Carl Cox – weren't exactly beating off attention on the street.

Today, the images of big-name DJs are as carefully produced as their music. Local radio DJ and events mixer Alex Caige says physical appearance is a "massive aspect" of building a DJ's brand in South Africa. "The idea of being seen as a 'coked up rock star' just isn't cool anymore. When you're in the spotlight the whole time, you can't afford to seem out of control even for a moment. People won't take you seriously." Take Calvin Harris: over the past eight years the Scot has transformed himself from a greasy-haired geek to the tanned face and toned torso of an Armani underwear campaign. The money he's made with his gym-sculpted body is outrageous. Harris notched the highest single-year payday of any DJ *Forbes* has evaluated, pulling in a reported R800-million in 2014. That figure puts him among the top 10 richest people in music last year.

The difference is that, unlike their rock star predecessors, the new crop of millionaire DJs have neither the time nor inclination to develop a handsome cocaine habit or go AWOL for a week in Ibiza. And they aren't just raking it in, but working their socks off to do so. They play as many gigs as there are days in the year; they're the frontmen of a scene that lives off a diet of MDMA and vodka, yet they manage to find balance, to juggle living hard with living well.

The reason for this shift: more and more DJs are seeing the work benefits of a healthy lifestyle. "Taking part in races – both running and cycling – forces me to keep fit," says Caige. This is not something you might expect to hear from a hard-partying DJ, but Caige has noticed how staying active keeps him from getting tired when he's on the road. "A healthy body means a healthy mind, and vice versa. Keeping a strong, positive mindset helps me through the day, however much I take on."

It's a different age: today's superstar spinners have to look good and be at their peak, four or five nights a week. They have to stay fit despite a life full of temptation, sleep deprivation and constant travel. "The fact is," says Caige, "staying in shape helps to keep up with the demands of the job without feeling the need to resort to something stupid, like taking drugs."

"If I live on junk food and alcohol, all the late nights, the little sleep and energy-draining sets will send my career the same way as my body: down the drain. If I watch what I eat and train as much as I can, I can last longer and do better. Simple choice, really."

The rewards of their efforts are self-evident: money, fame and adulation. The question is no longer why, but how?

Is your regime crying for a remix?

Ingredients of Success

YOU CAN'T SURVIVE ON BEATS ALONE

DON'T GET HANGRY
"If I start a day hungry, I'm know I'm going to get grumpy," says Alex Caige. "If I'm training for a marathon, I'll live on protein shakes and fruit. But usually I'm not too strict about fast food – as long as I'm training regularly and maintaining a balance."

IT'S NOT COMPLICATED
"Watching what I eat is simple," says 5fm's Nick Hamman. "As a general rule I believe in everything in moderation, and I try keep all meals free of carbs and sugars. Fill my plate with meat and veggies and I'm happy."

CAVEMAN REMIX
"Two years ago, I was getting a belly, so I switched to the Paleo diet," says the UK's DJ Fresh. "In six months I'd lost 6kg. I swear by my juicer and our rider has salad, chicken and protein bars."

REP TO THE BEAT

Heavy hits for your heaviest lifts, from the UK's DJ Fresh

DJ Fresh	"Gold Dust"
Survivor	"Eye of the Tiger"
DJ Fresh	"Dibby Dibby Sound"
Danny Howard	"Bullet"
Dimension	"Whip Slap"
Tiga	"Bugatti" (Jauz Remix)
Hamilton	"Feel the Fury"
DJ Fresh	"The Power"
Sigma	"Higher"
Sigma	"Changing"

Get ready to try a new spin on fitness



R800-Million Man
Calvin Harris' image change from pasty producer to Armani model has seen him become the world's top-grossing DJ



The new kings of the beats are headstrong and body smart

Chemical Reaction

The heroes of 1988's "Second Summer of Love" were a different breed. For many, the discovery of ecstasy was just as important as the music. The last DJ boom, at the turn of the millennium, was synonymous with excess. This was the age of Ibiza's Manumission motel, where a gang of DJs superglued a dildo to the head of one of their peers; the era when a famously cocaine-addicted Brandon Block saw his nasal septum fall out while chatting up fans.

The current scene may be tamer, but the rise of dance music everywhere owes a lot to the rise of stimulants, such as MDMA. But while there are still plenty of DJs with an appetite for excess, the truth is that for big EDM stars there is too much at stake. In 2015, the DJ is invariably the most sober person in the club. "In my world," says Steve Aoki, as he sips on a kale juice the day after his Brixton gig, "I don't see many people doing what you'd expect: DJs on cocaine, or too drunk to play. Discipline is the most valuable trait you can have, I think. One of the best feelings for me is to be 'present'. That feeling is why I can tour at the pace I am."

That pace he's referring to sees him clock up 200-plus shows a year. Most of the top bracket play at least four gigs a week worldwide, or more during festival season. A bump in the road can have serious repercussions. When Swedish star Avicii was forced to cancel months of shows after gall bladder problems, he and all the people on Team Avicii who depend on him missed out on tens of millions. The job brings with it a very real pressure. Okay, so a DJ's glamorous lifestyle might not quite compare to the grind of a "real job". But keeping a party going until 6am in one time zone before jetting off to do the same in another takes a lot of adjustment. In yesteryear, 24-hour party people would turn to chemistry to maintain their energy levels. The new kings of the beats are headstrong and body smart.

Living in the Zone

No one travels more than Steve Aoki. That's no exaggeration: he holds the Guinness World Record for the most air miles accrued in a year by a touring artist. When we sit down with him in London's St Martins Lane Hotel, the afternoon after his Brixton gig, it's already been a full day for the 37-year-old, with two shoots for fashion titles and a clutch of interviews. He shows no signs of flagging.

But then, Aoki doesn't flag: in fact, he's determined to take full advantage of a schedule that would crush lesser mortals. The night before last he played Manchester's Albert Hall. Before that it was the Eden Beach Club on The Palm in Dubai. Immediately after arriving via an overnight flight, he went skydiving. And he's about to launch a show on MTV called *Adventure Aoki*.

His slight frame belies his huge stage presence, but it's his holistic approach to wellbeing that keeps Steve spinning at 78rpm. "If you think in a toxic way, what you put out will be toxic," he says. "There's more to being healthy than working out and protein shakes." When Aoki's father Hiroaki (founder of the Benihana steakhouse franchise) died at the age of 69, he says one of his main regrets was "not knowing anything about health". Aoki has since consumed books such as Michael Pollan's *The Omnivore's Dilemma* and *Anticancer: A New Way of Life* by Dr David Servan Schreiber. In 2009 he quit alcohol – "a major crutch". He swears by cruciferous vegetables and avoids wheat. When he needs energy for a 2am set, he sips green tea – and to watch him on stage is one hell of an advert for the stuff.

The sweat drips off his back as he bounces around with more vigour than any of his entranced, pogo-ing audience. By way of a crude experiment, *MH* asked him to wear a Fitbit Charge tracker for the duration of last night's performance. Two hours later, he'd burnt 4 200 kilojoules, with his heart rate consistently up around the 120bpm mark. These are figures of which a pro soccer player would be proud, and Aoki is clocking them night after night.

The buzz is all very well and good, but the hardest part of the DJ lifestyle, says Welsh superstar DJ Sasha, is irregular sleeping patterns. "I've done two round-the-world trips in the past month; coping with the time zones can be difficult," he says. "I used to force myself into the time zone, but now I just go with it. After all, if I'm going to work at 1am, there's not much point in trying to fit into the day-night rhythm."

As with many of his younger counterparts, it's exercise that the Welsh former World No. 1 uses to offset the frenetic club-to-club lifestyle.

The key to living hard? Train Harder!

It's time to revisit your body of work

RUN TO THE BEAT

Steve Aoki's PB-cracking cardio playlist

Crookers ft. Jeremih	"I Just Can't"
Steve Aoki & Moxie	"I Love It When You Cry"
Reid Stefan	"For the Birds"
Autoerotique & Max Styler	"Badman" (Torro Torro Remix)
Steve Aoki & Linkin Park	"Darker Than Blood"
Both	"Straight Outta Line"
Shaun Frank	"Mind Made Up"
The Chainsmokers	"Let You Go"
Steve Aoki	"Neon Future"
Steve Aoki & Walk Off the Earth	"Home We'll Go"

Cedric Gervais' Summertime Madness

MIX IT UP WITH 5 ROUNDS OF THIS CIRCUIT FROM PT GRANT WEEDITZ

01



20 BENT-OVER ROWS
Keeping your back straight and bending at the knees, row the bar to your stomach. Squeeze your shoulder blades together at the top.
LEVEL UP Superset with 20 clean-to-shoulders

02



20 PUSH-UPS
Raising your hands makes this easier, allowing you to do more reps; precisely what you need to get your chest pumped for summer.
LEVEL UP Superset with 20 feet-up push-ups

03



20 REVERSE CURLS
To get your arms popping, hold two dumbbells (using an overhand grip) and lift them to shoulder-height, twisting to face forward.
LEVEL UP Superset with 20 skullcrushers



To watch Aoki up on stage is one hell of an advert for green tea

"I always take my running gear with me, wherever I go," he says. "I make a point of feeling the sun on my face. It helps me reset and primes me for the six or seven hours of sleep I need. I don't really push myself; it's about getting outside and flushing the nightclub air out of my lungs." The gym, however, leaves less to be desired for Sasha. "I just can't stand the music," he admits.

Self-Production Values

Edifying though all this talk of bodily preservation may be, don't let anyone kid you that it's not about the aesthetics, too. Image sells – despite the pyrotechnics, the emphasis on the figure centre-stage is greater than ever. A studio tan and pizza diet won't help you when you're emblazoned in HD on enormous screens.

And it won't help even if you're safely ensconced behind a microphone, as 5fm's Nick Hamman can attest. "Regardless of what anyone tells you, being fat ain't cute," he says. "I'd tried many ways of dropping pants sizes, but it wasn't until I was able to better understand the psychology of why I was overeating that I started shedding kilos." A booth-bound career had left Hamman with the body version of a "face for radio" – which, over and above the health implications, spelt bad news for his career as a presenter and MC. "Changing the way I thought about food, understanding my body and what it needed, coupled with regular exercise like jogging and swimming, saw me lose 25kg in under six months. And I recently completed my first Cape Town Cycle Tour."

All it takes is a little willpower – and there's no greater motivation than appearing in the public eye. "When you're standing up there with your arms in the air," says DJ Fresh, "it's a bit shit if you look like a twig." Despite a hectic gigging schedule, Fresh works out every second day. "I do circuits; bursts of weighted crunches, stuff like that. If you look healthy – like you have your shit together – it shows that you're there for the music."

Some DJs take setting an example to a whole new level. "Maybe it does look strange halfway through a set when everyone's drinking tequila and my manager brings me a protein shake," concedes French DJ Cedric Gervais. He's the epitome of the trim dance music DJ, a look he achieves by working with a PT every morning. "When I'm on the road my team chooses the hotels, and they make sure it's somewhere near a good gym. I try to be very disciplined."

Discipline. About as un-rock 'n roll a term as there is, it might be the most important quality required by a successful modern DJ. No six-pack means no music video, no endorsements, no crowds of 100 000. DJs haven't started looking after their bodies simply because they want to, but because the commercially driven party industry they front demands it. Forgoing the excesses of their predecessors is as integral to success as a set of turntables ever were. The DJ is dead. Long live the DJ.


PAIN
Fall Back Down

Monsters Ink

The tattoo that seemed like a great idea on a drunken night out can soon feel like a gargantuan mistake.

Then you have a choice: live with it, or try to wipe the slate clean

BY BEN WILLIAMS / PHOTOGRAPHY DANIEL LINNET

At nineteen I could wait no longer.

Brimming with excitement, my wallet stuffed with cash, I made my way one Saturday morning to a tattoo parlour. A few mates tagged along, partly because they had nothing much else to do, but mainly because it wasn't every day that one of us stopped talking about getting inked and actually did it.

Though I'd imagined being met by some faintly menacing misfit, as it happened the guy in the shop couldn't have been more pleasant. He was covered in tats, sure, but that was the only sign that he might spend his evenings disseminating conspiracy theories or polishing a stockpile of illicit World War II machine guns.

For months I'd agonised about the type of tattoo I'd choose – and where on my body to put the thing. I settled on having the word *INTEGRITY* inscribed in Gothic lettering onto the outside of my left forearm. At the time I was still working out the kind of man I wanted to be, and I saw integrity as a value to live by. I also figured that, as tattoos go, it would go down better with my unsuspecting parents than a voluptuous, flame-haired nymph or venom-spitting serpent.

Did it hurt? Put it this way: if there was any pain involved, I've erased it from my memory. Truth is, the only thing I remember feeling is pumped. That is until an hour and a half later when the job was done. Then I felt complete. "This is me now," I thought.

That night I went out with my buddies, my new artwork on show. Though attracting female attention wasn't the reason I got it, let me tell you that as an icebreaker or conversation starter, the tat worked infinitely better than any worn-out chat-up line.

People like my parents still associate tattoos with undesirables. A lot of that generation hasn't noticed – or won't accept – that tattoos have become so utterly mainstream that for a young bloke nowadays, having one is about as rebellious as leaving your shirt untucked. And yet... it wasn't long before I started having second thoughts. I'd got it because I thought tattoos would brand me with rockstar charisma, or infuse me with some kind of UFC machismo. Basically, I figured a tattoo would give me an edge. What I didn't foresee is that it might also hold me back.

Have you ever been completely wrong about where you're headed? Fresh out of school, I reckoned I'd be labouring for the rest of my life. But by 22 I was on the sales team at Coca-Cola, with wealth my objective and Jordan Belfort my inspiration. (Yeah, I know – the untold millions blinded me to the criminality, okay?)

I wasn't the only person on the team with ink. But I was the only guy whose tat was on display whenever sleeves were rolled up, or on casual Fridays when I wore a T-shirt. While no one said anything or gave it so much as a disapproving glance, I became convinced that trying to climb the corporate ladder with a big tat on my forearm was like running a half-marathon with a paperweight in each pocket. What can I say? While a tat nowadays is about as edgy – and commonplace – as a hipster beard, the fact is, in most offices, the guys wielding power are still un-inked and clean-shaven. Conclusion: it was time to lose my *INTEGRITY*. From coveting a tat and feeling like Tony Robbins on speed upon getting it, I now wanted to be a clean skin again. Turns out, in every respect, I'm not alone.





FIX IT!
YOUR OPTIONS, COURTESY OF RENEÉ CUMMINGS FROM THE LASER CLINIC IN CAPE TOWN

1/ Dermabrasion
A high speed brush abrades the skin to the lower dermal layers; this treatment can severely damage the skin as it scours the skin unevenly, causing strong thickened scar tissue to develop over the treated area.

2/ Salabrasion
The oldest (and most painful) forms of tattoo removal, it uses coarse salt to vigorously corrode the skin from the tattooed area; this needs to be repeated multiple times. In most cases, it is a home remedy, and there is no control over the depth of each application. Severe damage can be done to the skin, causing terrible scar tissue to form.

3/ Surgical Excision
Better for treating small tattoos, in the procedure the tattooed skin is literally cut out with a scalpel by a surgeon, who then stitches the area back together. Compared to the above methods, this is much more successful but a lot more expensive. A thickened or raised scar will be visible where the area was stitched, with possibly some discoloration too.

4/ Acid Removal
The dangers of this technique depend on the strength of the acid used and whether it is administered by a trained professional or not. High strength acids can penetrate the skin rapidly, causing a deep wound and leading to severe scarring over the area. It is also not guaranteed that all the tattoo ink will be removed, and surrounding skin can also be affected.

5/ Tattoo Removal Creams
Generally a waste of time and money, creams don't penetrate deeply enough to remove ink. And, depending on the strength of the cream, they can cause soft to strong scarring effects. This is a long process and in most cases only a very mild fading effect is achieved.

6/ Cryosurgery
This method is usually used in combination with dermabrasion. Unfortunately, healthy surrounding tissues can be affected, and varying degrees of uneven scar tissue will occur, together with discoloration.

LOOK AROUND THE OFFICE. OR YOUR NEXT BRING AND BRAAI. Hell, even a family Christmas. Count the tattoos; it's a fair number, right? Now, how many of those guys (and gals) have served time?

Times have changed. Our perceptions, as ever, have been slow to keep up. A study conducted as recently as 2004 found people between the ages 18 and 50 still see a clear, direct link between tattoos and criminality*. And if you've got two full sleeves and have never copped a skeef eye from anyone in blue, don't get offended: this stereotype, though a little OTT, is grounded in fact. The Body Art Council of South Africa concedes that "for a long time, tattooing was the preserve of sailors and criminals. In prison, the tattoo (either professionally done or homemade) indelibly imprints on the body what these men desire in their souls: autonomy and identity." Prisons in SA are recruitment centres for large gangs, and new members of the club are... let's say, encouraged, to display their newfound commitment on their bodies. A visible mark verbalises all kinds of things, from why you were put away or how long you've served to how many people you've killed.

"There was a time when tattooing was something nice people just didn't do," says Cliffe Clayton, an easygoing pro who's been marking men for more than 30 years. "Military men, bikers and knockabouts – they were the people who carried tattooing through tough times."

Things started changing in the 80s, he reckons, when American artist Don Ed Hardy published a series of books known collectively as *Tattootime*, which presented tats as art rather than children-spooking eyesores suggestive of anarchistic belief systems or full-blown mental derangement. From there, Clayton argues, numerous giants of pop culture – Sly Stallone, Mickey Rourke, Johnny Depp, pretty much every Premier League soccer player you can think of – started flashing ink.

Bang! Tattoo parlours, once harder to find than a cheap plumber, sprouted like organic cafes in newly gentrified suburbs, except they weren't "parlours" any more but "studios", and their clientele included blokes who owned big houses, rather than rough nuts who were between stints in the Big House.

The rapid rise of tattooing shifted a lot of guys' critical faculties into neutral – just as tats started getting showed off in malls, so did bad ones go boom. So-called artists started popping up everywhere, inking everyone who'd let them. "To see someone with tattoos on the street isn't a head turning situation anymore," says Raoul Goetze, Wildfire Tattoos veteran and founder of the new Palm Black tattoo studio in Cape Town. "It's amazing, but it has its downfalls. As you can imagine – just like anything else that makes people see dollar signs – the industry starts getting saturated, but in the wrong way. Tattoo shops open left, right and centre with people tattooing of the back of zero experience, no apprenticeships..."

The result: a ton of regret. Sometimes, you see, a disastrous tat isn't the customer's fault. "These places are the biggest reason for shitty tattoos," Goetze believes. "Don't get me wrong, I'm not one to act all high and mighty, but I know the difference between a good and bad tattoo. And most artists feel the need to improve and perfect their techniques; they leave space to stay humble and learn." He points out that "tattoo academies charge thousands for naive kids to go do a week-long course. How on Earth can you learn how to tattoo in such a short amount of time? To say that you're a 'certified tattoo artist' after a week is just giving your clients false hope."

Let the buyer beware. "It does happen that shops hire artists with no real expertise, and a lot of guys who are looking to get a good deal end up getting tattooed by these amateurs. There's an old saying, 'Good tattoos aren't cheap, and cheap tattoos aren't good' – and it's honestly spot on."

This is how good intentions turn bad. Take a quick look around the internet and you'll see someone's favourite album, *Scarred for Life,* somehow became inscribed as "Scared for Life" on his skin. Other notorious tattoo clangers: "Only God Will Juge Me", "Love Concurs All", "Strenth and Courage" and (across the knuckles) "Your Next".

The catch with any tattoo is that it's meant to be forever, while the love affair or preoccupation that inspired it will seldom last that long. You change; your circumstances change; but save for a little fading, your tattoo is immutable. It sits there like graffiti, a dismal reminder of something that long ago lost its magic.







Tattoo artists know the experience from both sides of the gun.

Ink-redible artworks come down to effective communication.

"If you don't like the vibe, go somewhere else," says Goetze.



So laser it is. "We'll get a good result with this," says my doctor, explaining that, somewhat paradoxically, black is the easiest colour to remove (and white the hardest). I undergo my first treatment at the hands of the ever-cheery Sister Kim, who starts by needling the tattooed area with local anaesthetic.

Once I've donned an unflattering pair of protective glasses, Sister Kim gets busy with a Q-switched laser, which emits enough energy to shatter the subcutaneous ink into microscopic fragments.

Pain? Each zap feels like being flicked with a rubber band, except for those times when the beam hits a spot where the anaesthetic hasn't reached, at which point that rubber band turns into a bee.

But the worst discomfort is in the days afterwards, when my arm's blistered and tender – and the tattoo is as dark as the day I got it. "That's normal," reassures Sister Kim, who says it might be four or five weeks until anything happens. In fact, it might take several treatments before I notice anything. "It's hard to predict," she says. "This is like going on a diet: the results are gradual."

Sessions are at least six weeks apart – to allow for full healing – and after each one Sister Kim sends me home with a tub of petroleum jelly, bandages and reminders about wound-care protocol.

MY TATTOO HAS FADED TO NOTHINGNESS. BUT DAMN, getting this far is no joke.

In the end it took 14 sessions, spaced over nearly three years, to erase my *INTEGRITY* (guess I had even more of it than I thought). That's 14 visits to the clinic, 14 times getting prepped and zapped, 14 times nursing a red and swollen arm. In that time, ironically, there was a leap in tattoo-removal technology, with the arrival in SA of a PicoSure laser, which works on all colours and speeds up treatment, fading and healing times.

A WORD FROM THE WISE

LOCAL INK CELEBRITY TYLER B. MURPHY HAS SEEN HIS SHARE OF SINS OF STYLE (WHICH JUST SO HAPPENS TO BE THE NAME OF HIS STUDIO). GOING UNDER THE GUN? NOT UNTIL YOU'VE READ THIS

Guys get stuck with bad tattoos because, by being impatient or stubborn, they don't allow themselves to get the best. The solution is communication. People who get good tats are likely to get a collection of them, and you, as the collector, need to figure out what will go where. To do so effectively you need to enlist the help of an artist. Speak to a few to see which of your ideas get the best reaction. Let them do the work they're excited about. If they're not keen, then either your ideas are crap or you need to shop around for an artist who gets you. A tattoo's job is to improve your life. If you have one that isn't doing that, you have options:

1/ Laugh it off. This is probably the most common approach. Just keep collecting quality pieces that outshine the weaker ones. With time, the most disastrous tattoo will just be a minor, funny, distant part of your life.

2/ Cover it up. If a tattoo is causing you grief, hide it under a bigger, darker work. The focal point should be done on fresh skin, if possible, to give the whole piece the best chance of shining over time. With a cover-up, it's crucial you choose an image that you're really into – and the placement and arrangement is up to the artist. We have a bunch of tricks to cover up an old piece, and if your idea won't work, we'll let you know why. A good rule is to wait twice as long to make the cover-up as you did the original. If the wait is driving you nuts, have a new piece done on a different part of your body – and at this point, consider whether you're on your way to choosing option one or not.

3/ Get it lasered. It's rare that your tattoo will ever disappear completely, whatever a laser-removal expert tells you. It's more realistic to expect some visible remnants even after mutliple laser sessions. The most important thing here is to have patience. Do some proper research into the removal clinics in your area, do your due diligence by chatting to them, and once you've chosen one with people you like and trust, take their advice to the letter. After many sessions, your skin will return to a healthy state, and then, if you're still unhappy with how the leftover marks look, consider step two.

I'm actually in the middle of having a tattoo on my forearm lasered off. I waited 10 years after getting it before I started having it removed. I'll wait another 10 before I cover it up with something new. Maybe it's my way of restoring the balance, but I don't believe in easy-in, easy-out. It's fun getting good tattoos. There's a subtle strength that shines from within the wearer of a well-considered piece of art. When you get it right, the only question you'll ask yourself is, what's next?

– Tyler B. Murphy, sinsofstyle.com

OF ALL THE TATTOO-REMOVAL TECHNIQUES OUT THERE – AND there are many – laser removal still has the best rep. The debate over whether it's the most effective procedure continues, but it's far and away the safest. About the worst that can happen is hypopigmentation, where the treated skin is left significantly paler (or darker) than the surrounding area. Compare this to techniques like skin grafting, says Dr Ian Webster, a Cape Town dermatologist: "Whereas small tattoos can be surgically excised with a simple excision and primary closure (which would leave a linear scar), most tattoos are quite large and to surgically remove them would require a surgeon to either excise the tattoo and replace it with skin from another part of the body, or swing the flap to close the defect that is left behind." There's also dermabrasion, he says, "which is like a deep sandpapering of the skin to remove the tattoo." Yes, it's about as painful (and prone to infection) as it sounds. Then there's the scarring: "Everyone heals differently, but certain parts of the body produce nasty, raised keloid scars, especially the upper trunk and upper arms."

This kind of laser exposes the tattoo to a zap of light, shattering the pigment granules, thus making them smaller and accelerating the speed at which white blood cells can remove the pigment. It's then sent to the liver and exits through the lymphatic channels of your skin.

I now get why Mark Wahlberg insisted his kids sit in while he had his prodigious body art deleted: anyone who sees this process up close will baulk at using their skin as a canvas for self-expression. And then the bill lands. Tattoo-removal costs several thousands per session. If, like me, you need upwards of 10 sessions, there goes that holiday in Bali.

I'm glad my tat's gone – but truth be told, I wouldn't mind getting a new one, maybe something like the Kanji symbol for inner strength. But I'd get it on my ankle or rib, somewhere easy to conceal, where it won't dash my chances of getting a bank loan, a certain type of job – or a certain kind of girl. That's really the moral of the story: life's going to drop you in front of all kinds of doors you never expected you'd see, so why throw away the key that opens all of them?

THE AMERICAN ACADEMY OF DERMATOLOGY, 2006





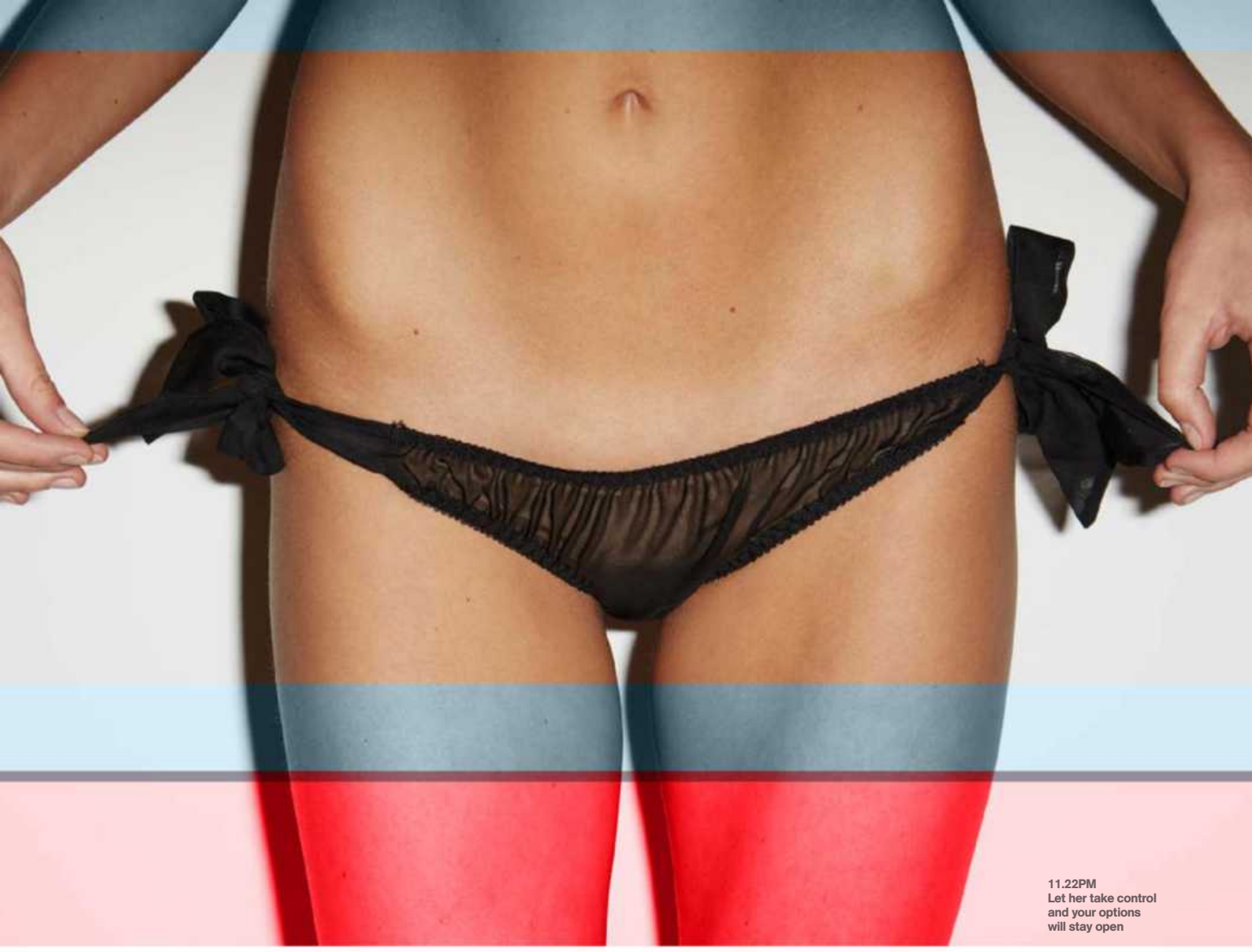
THE INDEFENSIBLE POSITION:

In Praise of the 12-Hour Relationship

New research reveals women to be more empowered, liberated and promiscuous than ever before. But men, we're told, aren't sure how to deal with it. Get ready for a crash course in love in the fast lane

AMY GRIER | STEVE READ

P.147



11.22PM
Let her take control and your options will stay open

CASUAL HOOK-UPS ARE THE POST-11pm takeaways of the dating scene. One-night stands are the greasy spoons. They're not necessarily nourishing, they often don't fill you up, and invariably they come served with a side-order of regret. But oh boy, sometimes nothing else will hit the spot. Yes, I'm a woman. And if that surprises you at all then it rather proves my next point: men have a way to go before they understand just how much our attitudes to sex have changed.

A study conducted back in 1989 revealed that, while 70% of men would agree to casual sex with an attractive woman who propositioned them, not a single woman would do the same when the tables were turned. More recently, however, reports show that just as many women as men say they'd take the fetching inquisitor up on his offer.

This year's *Men's Health* and *Women's Health* South African Sex Surveys found that just over a third of South Africans have had a one-night stand. Crucially, the report concluded that women (at 36%) were just as likely as men (34%) to have indulged in at least one. Women, it is clear, have transitioned.

The trouble is that men have not. Male courtship behaviour, to coin an especially caponised phrase, hasn't shifted at the same pace as female attitudes. To put it bluntly, if we're up for it, we're up for it. We just don't need you jamming a stick in our spokes by employing some kind of awkward, anachronistic idea of chivalry (or, worse still, no sense of chivalry at all).

We are here to tell you that the sweet spot exists, somewhere between Neil Strauss and Mr Darcy – both of whom, incidentally, could really have done with reading this. Here is the perfect lifecycle of the 12-hour relationship.

11:22PM
THE "IT'S ON" MOMENT

Theoretically this can happen anywhere. Be it a bar, club, restaurant, party or gig – the venue doesn't matter. What does is a correct reading of the situation. It can take the form of anything from a shared look to a knowingly whispered, "Do you want to get out of here?" in her ear. In fact, she could very well whisper it in your ear; women hold the cards in this situation. Whatever the set-up, be confident, be courteous, be open. However vague or capricious this might sound, the rules here are actually fairly simple. First, if we've only just met and we're offering/agreeing to leave with you, we know precisely what this is. Repeating something pathetic like, "But... just for fun, okay?" will only make us angry. Discussing leaving together is unlikely to be your first conversation of the evening (and if it is, you might want to

check your pockets) so you should have already spelled out your position in much less obvious ways. Try explaining how you're really enjoying the dating game, for example; or how you're not long out of something serious; or even chatting about that golf trip you've got coming up with your mates. Don't worry, she'll get it. For you and her both, it's a case of innocent until proven guilty – it's just a one-night thing unless it becomes something else. We won't expect too much from it other than for you to be a normal human being (and above average in bed). Pay the bill while we're doing our final bathroom sprint, put your hand on the small of our back and walk us out.

DON'T SAY ▶ "So what'll it be, your place or mine?"

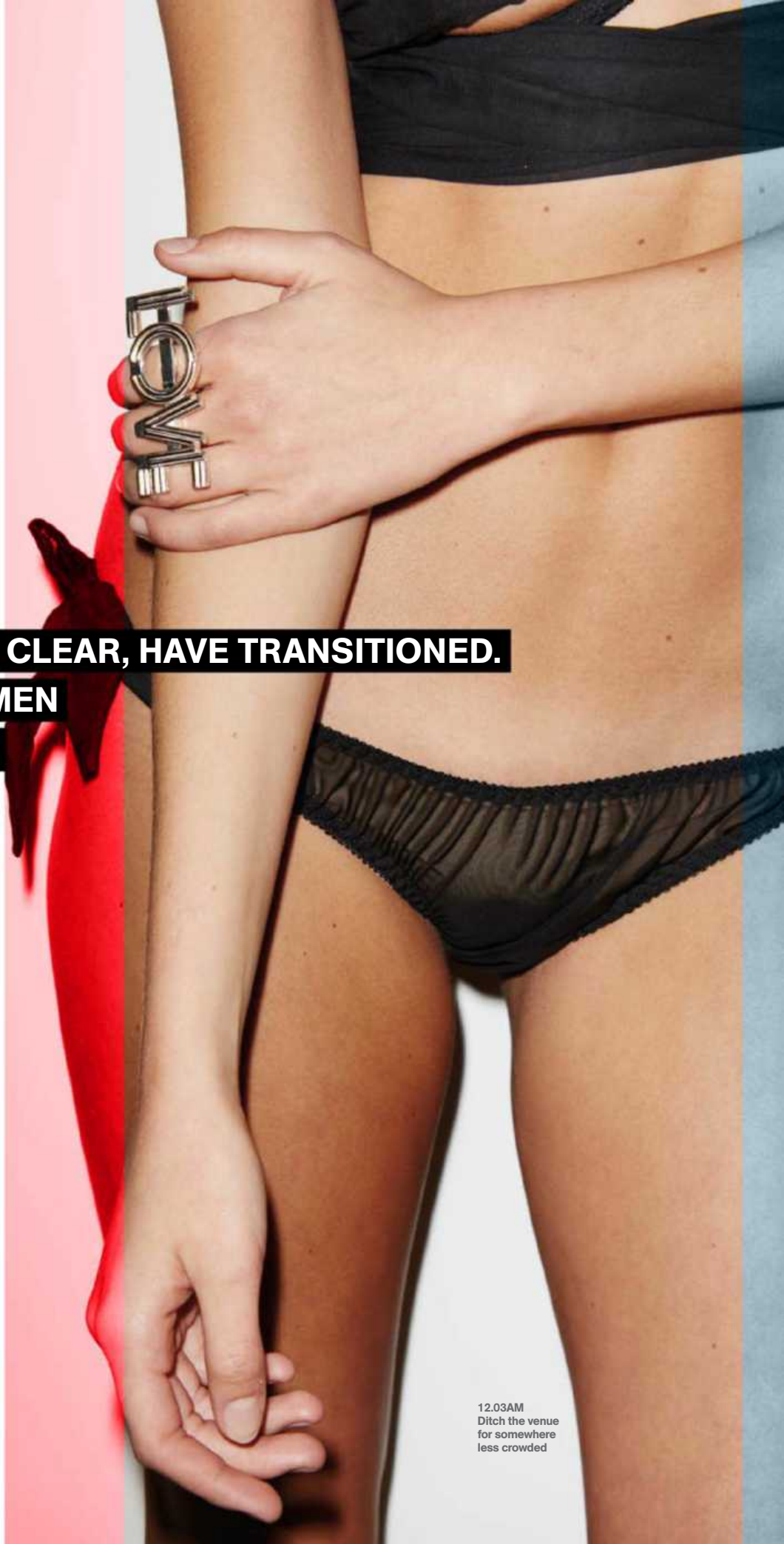
DO SAY ▶ "We can definitely do better than here... Escape with me?"

"WOMEN, IT IS CLEAR, HAVE TRANSITIONED. THE TROUBLE IS MEN HAVE NOT"

11:55PM

THE JOURNEY HOME

This one is simple: get an Uber. There is no stronger antidote to aphrodisiac than a 16-year-old, jacked up to the eyeballs on Red Bull, with Flo Rida blaring from his cellphone across the MyCiti bus aisle. Before stepping into the car, before ordering it (and please, do order, because there's nothing sexy about standing on a street corner waving down oblivious cab drivers) offer up your place as a destination. Only, don't ever actually say the words, "Want to come back to my place?" It has a cheap ring and makes you sound like an R&B singer with a sketchy track record. Instead, give her a reason to come back to yours that has nothing to do with sex. It could be that good bottle of chenin blanc you've been chilling for an occasion more special than a night at home alone with *Game of Thrones*. It might be that rare copy of *What's Going On* you have on vinyl that you simply must play her. Whatever the enticement on offer, 99% of women will prefer to brave your man cave than let a complete stranger into their oasis of tranquillity. Our homes are intimate spaces. Putting up with



12.03AM
Ditch the venue for somewhere less crowded

the fact that you don't have any make-up remover in the house is a small price to pay for not having to make awkward chat about who the people in our photos are.

State your address loudly and clearly to the taxi driver. If your part-time love asks you to repeat it, don't look alarmed. It's not so she can Google-Earth your house when she gets home, it's so she can safety-SMS her mates in case you turn out to be Patrick Bateman. Letting her know where you live is away of saying, "I'm not a psycho!" without actually saying, you know, "I'm not a psycho!" – which sounds exactly like the kind of thing a psycho would say.

Lastly, kiss and hold hands, but let that be the limit of your physical interaction. Why? Well, (A) There's another person sitting a metre away from you, and (B)we probably need to visit the bathroom again already.

Save something for the main event.
DON'T SAY ▶ "Hold on a second, I just need to look up the Metrorail schedule."
DO SAY ▶ "Don't worry, I've got a five-star rating on Uber."

01:07AM
THE FIRST ACT

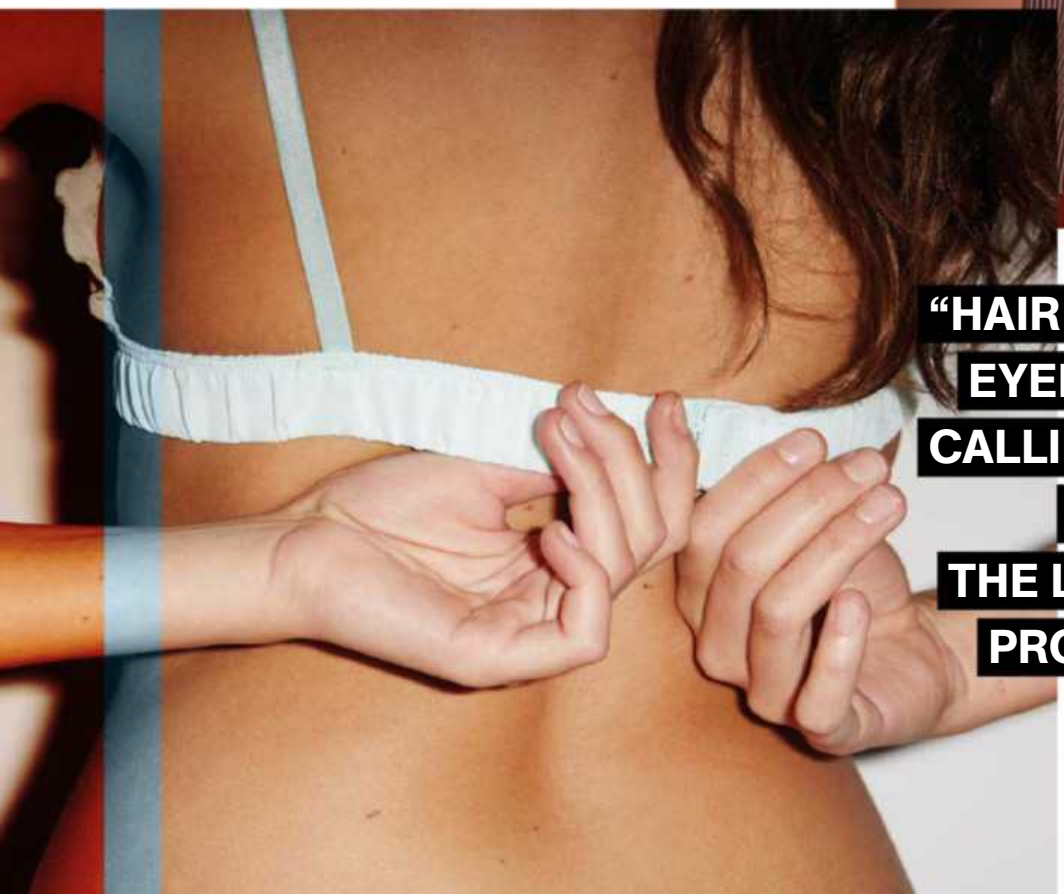
Three words: wrap it up. You don't know where we've been anymore than we know where you've been, and waiting to be asked is rude. Only a special brand of moron doesn't have the foresight to carry protection nowadays. Keeping a condom in your wallet, or having one in your bedside cabinet, isn't presumptuous. It's sensible. And in this case, sensible is good. Sensible is sexy.

When it comes to the sex itself, you don't need us to tell you what to do – at least, for your sake, we hope not. Just keep it playful and fun, and err on the side of vanilla. Christian Grey is fictional, and most women think he's a dick. Just make sure she comes.

The importance of this issue can't be stressed enough. Just because this is a short story doesn't mean it shouldn't have a happy ending. Not only is it polite, it's prudent. She'll be much more likely to reciprocate and/or be up for a repeat performance if you get it right. Note: please do not comment on our vaginas. A blithe, "Ooh, Brazilian!" will kill the moment in half a second flat. Casual sex does not require footnotes.



1.07AM
The perfect gentleman knows ladies come first



"HAIR STROKING, EYELID KISSING AND CALLING US 'BABY' ARE CONTRABAND. THE L-WORD IS PROHIBITED"

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TERMS AND CONDITIONS APPLY
*YOU WILL RECEIVE ONE OF THESE KOUROS FRAGRANCES SUBJECT TO AVAILABILITY



2.24AM
Don't let her find you tidying her clothes away

The same goes for anything remotely girl friendy. Hair stroking, eyelid kissing, calling us "baby" or telling us you "love how we smell" – it's all contraband. In fact, you'd do best to prohibit the L-word altogether.
DON'T SAY ▸ "I love how you feel." She is not a sheepskin rug.
DO SAY ▸ "That last thing you did was, wow... intense."

02:24AM
THE IMMEDIATE AFTERMATH

There's nothing wrong with a post-party spoon and, if this were your girlfriend we were talking about, you'd be well-advised to put some tenderness on display. But she is not and so you must not. These are 12-hour rules and they are specific to your situation. Avoid advanced acts of intimacy at all costs, including the whispering of sweet nothings in her ear. Even if you do love (there's that word again) the dimples in her lower back, do not express it thus. You've only just met her. It's creepy.

Instead, chat to her. Lighten the mood. Talking to you is what had her interested in the first place – don't let that side of your personality fail just because you've had an orgasm. Do Not Turn Your Back.

She's now stuck at your house for the next five-to-seven hours and all she has to her person is a good LBD and some La Senza underwear. Give her one of your shirts – one long enough to cover her bottom, so she can answer the call of duty without encountering your flatmates looking like a high-class hooker.

Subtly locate her clothes while she's in the bathroom, but do not fold them up. The latter says one of two things: "I want you out," or, "I'm a weirdo who's just been rifling through your things." This moment is about sensing the tone and acting accordingly. She's not looking for assurances from you that she did-the-right-thing by sleeping with you. But, much like you, she'll want to know you enjoyed yourself and be treated with respect, not flippancy.

Lastly, a quick word on shut-eye. You know the "hug'n'roll" episode of *Friends* where Chandler doesn't like



"KEEP IT PLAYFUL AND FUN, AND ERR ON THE SIDE OF VANILLA. CHRISTIAN GREY IS FICTIONAL"

cuddly sleeping and hugs Janice before reeling her away in her slumber? Yeah. We saw that episode too. It might come as news to you, but we kinda like our own space when the lights are out.

DON'T SAY ▶ "Hold on a mo, I've probably got something here that'll fit you – girls leave stuff here all the time."

DO SAY ▶ "Here, you can wear this, on the condition you're naked again within five minutes."

08.42AM
THE MORNING AFTER

Just like the "It's On" moment, this conversation involves a great deal of signal reading and decisive behaviour. You might think that our emotions run highest straight after sex, but in the 12-hour relationship, the morning after can be a psychological minefield. Post-congress, if you've made sure we're satisfied, there's an oxytocin buffer sheltering us (and you) from serious emotional conflict. In the harsh light of day, potentially with a hangover the size of the North West Province, there is no such buffer. This is when your behaviour is most crucial.

If she's awake and/or slipping on her shoes at the end of the bed, she has stuff to do. Offer her a cup of coffee, then let her get going. Don't, whatever you do, suggest breakfast. She'll think you're clingy and redouble her dressing speed.

If you're both awake, lying close together in bed, then it's probably safe to say she's comfortable in the moment and your environment. Your efforts last night might actually mean she's craving a repeat performance: one final encore before she exits stage left. Suggest morning sex only in the subtlest of ways, with gentle desire as opposed to pressure. (A firm yet proprietal hand around the stomach or a gentle stroke of the breast is good; an uninvited prod in the thigh is not.) Whether it happens or not, bring her some water, perhaps some Panado, and tea in an inoffensive mug. Give her a towel, too. A clean one. Don't be shocked if she doesn't take up the offer of a shower. She probably just doesn't want to spend the rest of the day smelling of your Pour Homme body cleanser.

If (and only if) you think there might be a hint of something else there between you, consider a proposition of breakfast off-site. But if it was what it was – and more often than not, it was – you're both adults. And it's time to say goodbye.

DON'T SAY ▶ "Morning Sally!" Her name is Sarah.

DO SAY ▶ "I'm making coffee. Good coffee. Stay right where you are."

09.07AM
THE FINAL WORD

The Number Ask remains a contentious issue. So take this as the final decree, handed down by all woman kind: "Thou shalt not ask for a girl's phone number if thou dost not intend to use it."

You might think it's polite. But if you're not going to call, or are just going to send a that-was-fun-it-was-really-nice-to-meet- you-take-care message, it is not. As well as being like a greasy spoon, a 12-hour relationship is also like a boardgame (note: a woman is allowed to mix her metaphors). It is designed specifically for good times, when merriment is high, fun is to be had and respect for the rules is observed nonetheless. But as soon as someone starts taking himself too seriously, everyone wants to forfeit and go home. Fast love is a trivial pursuit, indeed.

You might think you have nothing to lose by getting it wrong at this point – the deed is done, after all – but that could not be further from the truth. It's what separates you from the *Mad Men* of this world: charming to the penultimate furlong, losers to the last. See her to the door, kiss her properly, tell her you had a fantastic time and, if that's really it, say nothing more. In the end, the key to getting it right is not so much what you say, but what you don't. So sshhhh, stud.

DON'T SAY ▶ "Take care" – or anything else you would write in a letter to your grandmother.

DO SAY ▶ "I'm glad we met."



8.42AM
Let her go. There's no need for empty overtures

Scene of the Grime

Spring is the season for scrubbing. Are you Mr Clean or Sloppy Joe?

THE AVERAGE GUY

1 IN 4

Number of men who haven't taken toilet brush to bowl in a month or more



6 Minutes the average guy spends making his latrine pristine

49 Percentage of men who believe "eating clean" means consuming foods as they're found in nature



30 Percentage who define it as simply washing their hands before chowing down



17 Percentage of guys who've accidentally SMSed the wrong woman because of their messy, disorganised, overcrowded contacts list

28 Percentage who will insist that two-day-used briefs are still fit for duty



1 in 11 Number who plead the Fifth (or is it the filth?) when asked how long it's been since they washed their sheets



30 Percentage of men who take a "let no wrapper touch the car floor" approach to auto neuroticism

1 IN 4

Number who clean their ride only when picking up a rider



28 Percentage of men who assume that their smartphone screen is completely microbe-free

16 Percentage of phones that are, in fact, contaminated with traces of E. coli bacteria (crap!)



1 IN 3

Number of men who've thrown in the (dirty) towel and just hired a maid

5 Percentage who say they've lived out the French maid fantasy

7 Percentage of foul-mouthed guys who vow to finally disinfect their vocabulary this year



"SHIT"

Expletive the average guy types most frequently into his Facebook statuses

60 Percentage of fathers who say they're fed up with constantly nagging their kids to clean their rooms



44 Percentage of men who say *their* childhood bedroom always met Mom and Dad's standards

67 Percentage of men who actually rinse the dishes before loading up the dishwasher



14 Percentage who endorse the tried-and-true "easy wash" method: Soak them first… for several days

THE ONLY NECESSARY DIARY

That calendar app? Dump it. If you don't want to miss a deadline, blank on a b-day or walk in the door empty-handed on your anniversary, download Sunrise (iOS and Android), says Whitson Gordon, editor-in-chief of Lifehacker. It integrates with other apps to add travel itineraries from TripIt, birthdays from Facebook, or local sports events. Just type in the basics – "Lunch meeting at Crave Thursday at 1" or "It's your anniversary, idiot" – and the app does the rest, including giving driving directions to, say, that jewellery store she likes.

THINK OUTSIDE THE INBOX

If your personal e-mail account is approaching terabyte territory, it's time for an intervention. Sync your inboxes to Mailstrom. This program automates the mass-deletion process and can sort thousands of e-mails at once, says Diane Albright, a professional organiser and productivity consultant. But be warned: it's a bit pricey, although you can try the free trial. To prevent another pile-up, download Unroll Me (this one's free). With this software, you can unsubscribe from promos without ditching the good stuff (like your *Men's Health* newsletters).

ILLUSTRATIONS GIO PASTORI



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